Discover the Mantra of Happiness

Don't just Stop the Stupid Mind
that Steals your Peace,
Cremate it!

SHOUT
SHARE
IT

Discover the Mantra of Happiness

Don't just Stop the Stupid Mind
that Steals your Peace,
Cremate it!

STOP IT STUPID

By

AiR
Atman in Ravi
Ravi V. Melwani

Copyright © AiR Institute of Realization 2022
AiR asserts the moral right to be identified as the author of this book.

ISBN 978-93-5636-668-8

All rights reserved.

No part of the content of this publication (except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed by: Vel Murugan Binding Works

Publisher: AiR - *Atman* in Ravi (Ravi V. Melwani)
Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017.

CONTENTS

PREFACE 01

INTRODUCTION 03

PART A 05 - 73

STOP IT, STUPID!

AREN'T WE STUPID? 06

01. Stop being Miserable, stupid! 09
02. Stop getting Angry, stupid! 11
03. Stop living with Fear, stupid! 13
04. Stop Worrying, stupid! 15
05. Stop being Jealous, stupid! 17
06. Stop getting Hurt, stupid! 19
07. Stop being Negative, stupid! 21
08. Stop taking Revenge, stupid! 23
09. Stop your Hate, stupid! 25
10. Stop being Depressed, stupid! 27
11. Stop being Greedy, stupid! 29
12. Stop being Attached, stupid! 31
13. Stop being Ignorant, stupid! 33
14. Stop believing in Fairy Tales, stupid! 35
15. Stop following the Herd, stupid! 37
16. Stop repeating the Same Mistake, stupid! 39
17. Stop being a Slave, stupid! 41
18. Stop those Rituals, stupid! 43
19. Stop the Rotten Thoughts, stupid! 45

CONTENTS

20. Stop the Habit, stupid! 47
21. Stop Toxic People, stupid! 49
22. Stop collecting Wealth, stupid! 51
23. Don't stop apologizing, but stop repeating the same error, stupid! 53
24. Stop your Negative Feelings, stupid! 55
25. Stop those Nightmares, stupid! 57
26. Stop being Guilty, stupid! 59
27. Stop being Stressed, stupid! 61
28. Stop your Regret, stupid! 63
29. Stop being Impatient, stupid! 65
30. Stop your Anxiety, stupid! 67
31. Stop having Expectations, stupid! 69
32. Stop being Heartbroken, stupid! 71

PART B 74 - 81

WHAT MAKES US STUPID?

OUR MIND MAKES US STUPID! 75

01. The Mind is a Rascal 76
02. What is the Mind? 77
03. Can we Stop Thinking? 78
04. Importance of Silence 79
05. Being in Consciousness 80
06. Take Charge of your Life 81

CONTENTS

PART C 82 - 89

CREMATE THE MIND, STUPID!
DON'T JUST KILL IT!

CREMATE THE MIND,
YOU WILL STOP BEING STUPID! 83

01. Consciousness can Wipe out Stupidity 84
02. If there are No Thoughts, there is No Mind 85
03. Come back to Consciousness 86
04. The Mind is like a Phoenix 87
05. Put your Intellect in Charge 88
06. Winning the Ultimate War 89

PART D 90 - 98

DON'T BE STUPID! REALIZE THE TRUTH

BE ENLIGHTENED! 91

01. What Causes the Triple Suffering? 92
02. Choose Consciousness, not Thoughts 93
03. Stop being Stupid once and for all 94
04. Our Biggest Gift, the Intellect 95
05. Be in Yoga 96
06. Live as the Divine Soul 97
07. Our Ultimate Goal 98

AFTERWORD - I too was Stupid, but I Stopped! 99
POEM - Stop it, Stupid! 101
ABOUT THE AUTHOR 105

PREFACE

Stop it, stupid! Are simple words three,
Use this Mantra, and you will be free!

We human beings are strange. Although we are the most evolved of all species and we are capable of making a conscious choice of being happy with the help of our unique intellect, we still live a life that is full of misery and sorrow. Unlike the dog, the frog, the butterfly, the tree, or the bee, the human being is the only living creature who has a fully developed intellect. While a dog may have instinct, it cannot choose what it wants in life. A tree is not free; it is bound to the ground, although it will live, and it will die. Still, the human being does not use his intelligence wisely and continues to be stupid, repeating the same mistakes again and again and becoming unhappy.

Everybody wants to be happy, and we human beings go through pleasure and pain in a cycle, again and again. No doubt we experience loss and gain, sun and rain, which are beyond our control, but pleasure and pain are a choice. We can choose to be happy or unhappy.

After writing several books on life and happiness, on suffering and pain, on the purpose and the meaning of life, I had this realization that man is stupid. He lets his monkey mind make him a donkey and drive him to experience the suffering of the body, the misery of the mind, and the agony of the ego. Not only does man suffer, but he goes through the same misery again and again. He can avoid it, but does not

stop it because he is stupid! So, I decided to write this book with the title – 'Stop it, stupid!' Through it, I want to inspire people to realize that misery is a choice. We can either choose to be glad or sad, but if we don't choose to be happy, then we are mad! We don't have to be stupid, we don't have to believe what we have been taught; and we don't have to follow the herd that is going down the wrong path of life. We can change our direction if we want to change our destination. But for this, we have to stop being stupid.

Man becomes angry and miserable, and he repeats this again and again. Man lives with fear, worry, stress, and anxiety, and it seems to him that he is helpless, when in reality, he can choose his emotions and thoughts. Man knows what is right and wrong, but still, he is not strong enough to say, 'No!' He is stupid to repeat his actions which are driven by his thoughts and his feelings. So, he gets hurt again and again. Although he knows that rituals and superstitions are a farce, he stupidly follows them, because he does not have the courage to stop.

This book will make us reflect and stop us from being stupid. It will not let us continue driving down the highway of our foolishness as if we are blind. It will help us open our real eyes and overcome our ignorance. We will get hold of our biggest enemy, our mind that produces toxic thoughts and makes us miserable. As we continue to be stupid, 'Stop it, stupid!' will transform our life. These three words will not only make us the master of our life, but will also give us peace and bliss.

INTRODUCTION

Stop it, stupid! Do you like being sad?
You let the mind make you miserable, aren't you mad!

Why do we become unhappy? Why do we become miserable again and again? Somehow, we are made to believe that we must be miserable and there is no way out of it. No doubt every human being suffers physical pain. But the misery of the mind and the agony of the ego are a choice.

We don't need to live with fear, worry, anxiety and depression. We don't need to be agonized with anger, hate, revenge, and jealousy. These are caused by our ignorance. It is our own mind that we believe is king, that causes everything. It is through our thoughts that we develop negative feelings, and the toxic fumes create our misery. We are stupid! And we continue being stupid, again and again!

Stop it, stupid! Why be sad when you can choose to be glad? When you can live with bliss, why let unhappiness fill your life? There is a way to flip over from the negative to the positive. There is a way to control thoughts from becoming feelings and actions that make us unhappy.

In this book, we will understand that we are living as stupid people. We will realize that we are ignorant, and we will find a way to overcome this ignorance, realize the truth and be enlightened. We will stop and discover what causes our stupidity and who makes us stupid. Not only will we find the thief, but we will also catch it and light a match to it. The thief is our own mind!

We are stupid to repeat the same mistakes again and again. We are stupid to live with fear and worry. We are stupid to live with anger and jealousy. We are stupid to live with anxiety and depression. We are stupid to believe in fairy tales and superstitions. We are stupid to be attached to people and possessions. We are stupid to live with guilt and regret. And we are stupid to be stupid, again and again! Stop it, stupid! Stop being miserable. Stop living a life that is filled with sorrow. This book will teach you to have a new 'Tomorrow'. It will show you a way out of this stupidity.

The magic lies in the three words – 'Stop it, stupid!' If we use these three words as a *Mantra*, slogan, or autosuggestion, it will trigger us to stop repeating our foolishness and becoming unhappy. We don't have to blindly believe our religion and scriptures. We don't have to follow dogmas and superstitions. We don't have to believe the myth that we have grown up with. We don't have to live with fear and worry, and we don't have to be angry and jealous. We should tell ourselves, 'Stop it, stupid!' When we can stop it, then, why be stupid and continue being unhappy?

This book will wake you, shake you and make you stronger than ever before. It will make you the master of your life. It will awaken your intellect and help you discover your Consciousness. You will not be a slave anymore. You will be brave. You will start to live a life of Eternal Peace, Divine Love, and Everlasting Joy.

PART A

Stop it, Stupid!
Are you going to be stupid till you die?
Stop the mind that constantly makes you cry!

AREN'T WE STUPID?

It is strange, but we indeed let our ignorance, our stupidity make us cry till we die. Even when there is an opportunity for us to make this turnaround and stop being stupid, we don't. We let our stupid mind make a fool of us. The mind that is like a monkey, constantly jumping from thought to thought, bombards us with up to 50 thoughts a minute and makes us a donkey, a real stupid fool! It drives our life horse and takes us where it wants to go. Instead of being the boss of our life, we lose control. When are we going to stop this?

What makes us stupid? Many things do! We become miserable and sad, we live with fear and anxiety. We become depressed and even contemplate suicide. Aren't we stupid? We can stop being jealous and we can eliminate hate and revenge, if only we stop our mind. But where is the mind, we cannot find! The mind doesn't exist. It is just a bundle of thoughts. All we have got to do is to stop these stupid thoughts, but we fail! We carry the burden of our miseries till we reach our grave as we become a slave to our thoughts.

It is really sad that instead of opening our wings and flying in the sky, we tie our wings with strings and live like stupids, right till we die. We perform rituals and superstitions, just because we follow the herd. Ultimately, because we do not choose the right direction, we reach the wrong destination. Is there a way to eliminate this misery? Yes! If only we tell ourself – 'Stop it, stupid!'

WHY DO WE CARRY THE BURDEN OF MISERY?

We don't realize this but misery is our own choice,
Fools cling on to being stupid, but let go the wise.

There was once a rich man who went to his Spiritual Mentor. He told him, 'I am miserable. Although I am rich and I have everything, I am so unhappy! I love my wife, but she nags me and makes me miserable. I do everything for my children, but they do not love and respect me. I have a very large business, but I get stressed because I have to work alone. I worry I will fall sick and die. Who will take care of my business? What will happen to the empire I have built? All this makes me so miserable. I want to be happy, but I can't. I live with anxiety and stress. Show me a way to be happy and peaceful.'

The Spiritual Mentor told him to rest for the night and he would find a solution in the morning. The next day, when the Master woke up for his walk, the rich man was ready to join him. The Master started walking and immediately, the rich man started his story – 'I am so miserable!' The Mentor told him, 'I will give you a solution, but first, we have to go to the monastery. Let us walk together.' As soon as they started, the Mentor told the rich man, 'Will you please carry this rock as we have to take it to the monastery. The stone was relatively big and heavy. But to respect the Master, the man agreed to carry it. They kept walking for quite some time, but ultimately, the man broke down and said, 'I can't carry this stone. It hurts so badly!' 'Ok,' replied the Master, 'you may put it down.' They continued walking. The Master then asked the rich man, 'How are you feeling now?' The rich man replied, 'I am relieved. Thank you. That was hurting so much.'

The Master explained, 'You are happy now because you let go of the

stone that was causing you pain. Now you are happy because the burden is no more on your head. However, in life, you are carrying several burdens and that is why you are unhappy. You are carrying the burden of worry and stress, fear and anxiety, attachment and greed. You are carrying so many stones on your head. How can you be happy?

If you want to be happy, drop these stones, just like you dropped the rock that was making you unhappy. You are stupid! Because of your ignorance, you are choosing to be miserable. If you want to stop being miserable, stop being stupid! Let go of each misery one by one. There is no need for you to be miserable. You are unhappy because you choose to carry all the miseries in your head. Soon, you will be dead, then why carry these burdens! Learn to let go of them. Every misery that is causing you pain must be dropped like the rock that was making you unhappy. When you learn to drop all the stones and you stop picking new stones that will cause you misery and pain, then you will be happy.'

The rich man learned his lesson and decided that he would be happy. He would not let anybody make him miserable. He would stop carrying these stones, these miseries on his head. He resolved not to experience pain again. He resolved that he would not be stupid. Every time he saw misery in front of him, he would remind himself –'Stop it, stupid!' He would not pick up that misery and put it on his head. Soon, the rich man became richer. He earned the wealth of peace and bliss.

01
STOP BEING MISERABLE, STUPID!

WHY DID LILAH BECOME MISERABLE?

Lilah was a happy girl. She was fortunate to grow up and get married into a rich family. She travelled to several countries and was content and happy. She was 30 years old and one day, her husband, who was only 40, suddenly died. She became miserable.

Lilah did not know what to do. She had enough money in her name, but she could not overcome the misery of losing her husband. She locked herself into her room and cried – 'Why me? O Lord!' She kept asking the question. She even went into a state of depression thinking that she was the cause of her husband's death. Her mind convinced her to believe this. She stopped going to meet friends, stopped all movies, television, and even eating good food. She went into her own miserable shell and spent several years living a life of misery and sorrow.

Once Lilah happened to meet one of her close friends who questioned Lilah as to what she could possibly do to reverse the situation. Could she reverse the death of her husband? Then, what was the point in nursing and cursing her bad luck? Not only was she making herself miserable, but she was spreading the toxic energy to everybody she met. Not only would she talk of her misery, but she would also be in tears of sorrow and howl away about how unfair life had been to her.

Lilah had a choice. She could continue to be miserable till her death, or she could snap out of the misery and flip her life over to a life of happiness. She could not change what had happened, but she had a choice of not being miserable.

'Aren't we stupid when we let thoughts make us miserable,
We should be happy, let us be sensible!'

Lilah's friend made her understand that she was stupid. She spent years in the misery of her husband's death. 'Enough was enough,' she told her, 'don't waste your years in tears. You can't change what has happened in life, but you can change your reaction and be happy.' She explained to her that birth and death are not in our hands. Lilah decided, 'I will stop being stupid! I will stop being miserable!'

Aren't we like Lilah many a time? Don't we let the misery engine drive our life train to sorrow? Don't we live each day, being sad, when we can flip over and choose to be glad? Stop it, stupid! We must learn to eliminate toxic thoughts of misery and sorrow. Happiness or unhappiness doesn't depend on external circumstances. Happiness is a state of being. So is misery. Things will happen in life, and we cannot stop these things from unfolding. It is Karma, the law that causes everything to happen in this world. If we don't understand that it is Karma and we think it is our bad luck, and we look up at the sky, and cry and ask why, or we even blame God for being cruel, we are going to be unhappy for the rest of our life.

If something is making you miserable, stop now and tell yourself, 'Stop it, stupid!' Resolve that you will stop being stupid and flip over your life. Don't let your sordid, miserable thoughts take charge of your life. Remember, the *Mantra* – 'Stop it, stupid!' and stop being miserable.

02
STOP GETTING ANGRY, STUPID!

WHY MOHAN USED TO GET SO ANGRY

Mohan had a temper that was always at the tip of his tongue. He would get angry so easily that his frustration was obvious. Every time he got angry at anybody, he would lose his peace and happiness. He knew it very well, but still, he seemed to be a slave of anger.

Mohan had read a lot about how anger is like a fire. It can burn, it can destroy! Not only is anger an emotional flame, but it can also burn us and lead us to an early death, with high blood pressure and a risk of heart failure. But Mohan was stupid. Every day, we all need food and water to live. But Mohan's meal was incomplete without anger. If a day passed without Mohan getting angry, it would seem like the sun had not risen that day.

Mohan would get angry at everything, at things that were in his control and also at things that were not. If his team did not do their job, he would get upset. If his work did not reach his expectations, he would be angry. Mohan would also be angry at the weather. He would look at the television and be angered by world events. Could Mohan do anything about these? He couldn't. But for sure, he could do something about his anger. He could continue to live as an angry man and take his frustration to his grave or he could change and live a calm and peaceful life that would make him happy. As long as Mohan remained stupid in getting angry at everything, he would only create misery and make his life a hell.

'Anger is like fire.
It will first burn us, before anger at others we spit!
Beware! Let go of anger before you are burnt in it.'

One day, Mohan's burst of anger created severe chest pain. He rushed to the doctor and realized that his anger was not just burning others but creating a fire that would kill him. The doctor was a wise man and explained to Mohan – 'Every time you are getting angry at others, it is like throwing burning hot charcoal on them. What you don't realize', he told Mohan, 'is that the hand that throws the burning charcoal at others, first burns itself.' The doctor advised Mohan, 'Burn anger before anger burns you! Don't be stupid. Getting angry will only worsen the situation.'

But Mohan was stupid. Did he heed the doctor's advice? He continued to get angry at the smallest of things. If the chairs were not arranged the way he wanted, he would get angry. If his assistant did not add sugar to his coffee and kept it aside, Mohan would scream at the top of his voice. He was sure to lose his health and his life to anger. But should we?

Anger is a killer! We all get angry. But the question that needs to be answered is, 'Will anger help resolve issues?' More often than not, anger only worsens the situation. This is because the emotion of anger makes us lose control of our intellect that can discriminate and make the right choice. Anger is a very powerful emotion. We can use our temper, but we must never lose it! The next time you do, tell yourself, 'Stop getting angry, stupid!'

03
STOP LIVING WITH FEAR, STUPID!

WHY SHAILA WAS PARANOID WITH FEAR

Shaila grew up not just adding inches to her height, but also adding a lot of fear in her heart. She was afraid of many things. The strongest of her fears was the fear of death. Somehow, she could not accept the fact that she will die. She constantly thought about how she would lose everything known and what she did own, just as she feared the unknown that was beyond death. This fear furthered into aerophobia, the fear of flying. She could never get into an airplane and so she let her fear take command of her life. She would drive long hours to travel and unless it was absolutely essential, she would never go to the airport.

Shaila was stupid. Couldn't she see the millions of people that were flying on airplanes every day? Couldn't she understand that death is certain, and everybody has to die? Then why be paranoid and live with a phobia? Shaila was simply stupid. Her stupidity was not just creating fear but making her miserable. It was causing her so much pain. Her fears were just fears. They were not real dangers. But she did not realize it and she continued to live foolishly with her fears.

The problem was not just about death or airplanes. The problem with Shaila was fear. Fear was getting the better of her and making her live like a fool. She did not realize there was a way to overcome her fear and be free from it and so she stupidly suffered.

'Those who are stupid, they live with their fears.
They think fears are dangers and cry with tears.'

Shaila met Roger and shared her story. Roger laughed. He too had been a victim of fear. But he had learned something simple by which he overcame fear – '*Do the things you fear, and the fear will disappear.*' Roger shared how he was very scared of dogs. He got himself a pet. Now he had 6 dogs at home! He was scared of the rollercoaster. But he pushed himself into going to amusement parks just to overcome his fear. Today, he loves the rides. He made Shaila understand that we are stupid to live with our fears. '*The fear makes the wolf look bigger than it is.*' He explained how fear is F E A R – a False Expectation Appearing Real.

Fears are not dangers. But we are stupid. We imagine that our fears will kill us. It is just like a little child that screams and cries in the amusement park when the motorized crocodile opens its mouth. Adults are often excited and scream with joy as the child cries in tears. The child is ignorant and is a victim of fear. In reality, we are all victims of ignorance that makes us live with fear.

Stop it, stupid! Next time you are attacked by fear, first evaluate if it is a real danger. If it is, then run! But if it is just a fear, tell yourself, 'Stop it, stupid!' Don't let fear make you a fool. Every time a fear attacks you, attack the fear with the affirmation, 'Stop it, stupid!' and just do what you fear. The fear will disappear.

04
STOP WORRYING, STUPID!

SANTOSH USED TO WORRY DAY AND NIGHT

Santosh was an investor. To worry was very common for Santosh. If he was investing, he used to worry – 'What if I lose money?' And if he was not investing, he used to worry, 'I will not make money!' Santosh made worrying a habit. He was stupid. He could not stop worrying.

Santosh would worry about his son who had health problems. He would worry about his daughter's marriage. He would worry about his wife becoming more powerful than him. For him, worrying was a part of life. He worried about what his friends thought of him. He worried that he would fall sick in the rain. Prakash was his friend. Prakash told Santosh, 'What is the point in living with this constant worry? Stop this stupidity of worrying about everything. You worry about politics, about movies, about the weather. Do you even realize that your worrying is stealing your peace and your happiness?' While what Prakash said was absolutely true, Santosh was stupid. He had made worrying a part of his life. He could not give up worrying. If he stopped worrying for a day, it would seem to him that something was missing.

Where was this habit of worrying taking Santosh? Worry takes us nowhere. It consumes us and makes us miserable. But some of us are stupid like Santosh. We continue to worry, even though there is no need to worry. Why do we worry? Do we even realize that our worries come from our thoughts? It is our own mind that causes worry.

'The mind makes us worry; it turns our heaven into a hell. 'Stop it, stupid!' is what to our mind, we must tell.'

Stop it, stupid! Just like Prakash told Santosh, we must learn to tell ourselves this when we worry. Because worry does nothing. Our mind bombards us with thoughts and we continue to lose our peace because of worrying. This worry stops us from using our intellect to discriminate, think wisely, and take concrete decisions. People who worry achieve nothing, except being miserable.

The next time worry knocks at your door, tell yourself, 'Stop it, stupid! Stop worrying, stupid!' Ask yourself the question, 'How will this worrying benefit me?' If there is a problem, address the problem. But worrying about the problem doesn't solve it!

Intelligent people realize – Why worry, there is no need to worry. If there is no problem then there's no need to worry. If there is a problem, still there is no need to worry. They question – 'Can we do something about the problem?' If yes, then why worry! So they attack the problem. If they can do nothing about the problem, then why worry and make things worse! Only stupid people worry. The wise, realize that there is no need to worry. They overcome worry with the *Mantra*, 'Stop it, stupid!' The mind will create worry. That is the job of the mind. But it is for us to not let the mind make us stupid. Either we can worry and be stupid or we can stop worrying and not be stupid. It is a choice, and we must make a wise choice.

05
STOP BEING JEALOUS, STUPID!

WHAT DID JEALOUSY DO TO KAVITA?

Kavita was a successful and happy girl. Not only was she intelligent, but she was also beautiful in her looks. But one day, she was bitten by the jealousy bug. She could not accept when colleagues did well in their career and she was jealous about others getting appreciation. Although she was a star performer, she lost her credibility because she started focusing on putting others down rather than pulling herself up.

Jealousy is a toxic emotion. It can make you do the worst of things. It is capable of destroying your intellect completely and you lose the power of discrimination. So did jealousy do to Kavita! Her jealousy pushed her to steal a new mobile phone that was gifted to her friend and colleague by the management. She did not want the phone. She only wanted her colleague not to have it. So, she broke the phone into pieces and left it on the desk of her colleague. To add fuel to the fire, when another colleague was awarded international travel, she became so jealous that she stole her colleague's passport and hid it till the travel date was over.

Jealousy destroyed Kavita. The management investigated and got to know that she was the culprit. She lost her job and a promising career. Throughout this episode, Kavita's best friend kept advising her, 'You are stupid to be jealous! Don't let jealousy ruin you.' But Kavita was enveloped in the fire of jealousy. Jealousy destroyed her life completely. What did she gain by stupidly doing all that she did?

'The Mind and Ego - ME, in ignorance makes us jealous. Eliminate jealousy or we will lose a life that is precious.'

Like Kavita, many of us let jealousy take charge of our life. Instead of focusing on our life, we are more bothered about others and we do not want their well-being. Why should somebody else's well-being and success make us unhappy? We are stupid. We let this emotion of jealousy ruin our life.

Jealously not only leads to unpleasant consequences but also constantly releases toxic fumes that choke us in our day-to-day life. We are constantly thinking of negative ideas instead of positive ideas inspiring us. While Kavita's friend advised her of the ill effects of her jealousy, she was stupid to continue her jealousy-driven motivation to cause her disaster.

Many of us are like Kavita. We are stupid to let jealousy control our life. We become so upset about others that it robs our peace. But we don't realize it. We are investing our precious energy in watching others, which does not benefit us. We even do what is known as wrong Karma, and plant seeds of our actions that are bound to result in unpleasant reactions in the future. Don't we know that jealousy should be banned in our life? Why are we so stupid that we let jealousy control us? Stop it, stupid! If jealousy is ruining your life, it's time for you to realize it and stop the jealousy. It's important to get to terms with jealousy before it is too late, and before jealousy destroys our life.

06
STOP GETTING HURT, STUPID!

VIJAY WAS GETTING HURT AGAIN AND AGAIN

Vijay was stupid. He used to get hurt over small things. If somebody was supposed to meet him and they did not turn up, he would get very upset. He was touchy and would get hurt easily. Basically, he was a sincere person, and he expected the world to be sincere too. What he did not realize is that we cannot control other people's actions, but we can control our reactions. So, Vijay suffered!

He would send a message to his dear ones, and they would not bother to reply. Vijay would get hurt. Why were they not responding? He didn't realize that everybody has their own priorities and when we have expectations, we are sure to have disappointments and get hurt.

Vijay had a Spiritual Mentor. The Mentor told Vijay, 'Don't be stupid! You are needlessly getting hurt. You are losing your peace and tranquillity. You are the cause of your own unhappiness. Tell yourself - Stop it, stupid! Stop reacting to other people. If somebody doesn't care, then learn to let go. This world is a show. We are like actors – we come, and we go. We must learn to enjoy the show.'

Unfortunately, Vijay was stupid. Even though his Mentor advised him, he would feel blue, because he got hurt so easily. Vijay had a best friend, Shyam. Shyam laughed at Vijay and told him, 'You are really stupid! You are choosing to hurt yourself.'

'Those who get hurt, they just cry till they die.
The wise ones laugh, they know that life is just a show.'

Aren't we like Vijay? Sometimes, we care so much for people who don't care for us at all. We may even love somebody dearly, but what if they don't? Is it ok to become unhappy and grumpy? The journey of life is so short, that even one moment spent in unhappiness is a big waste. There are many people who seek our care, love and companionship. When we chase people who don't care, and then have expectations and get hurt, it only reveals that we are plain stupid. Stop it, stupid! When somebody does not care, you should not be there! Move on. The world is vast. Don't cling to anything. Attachments cause us to get hurt. Expectations create disappointments. Realize this and choose not to be stupid. Otherwise, you will stupidly hurt yourself and inflict upon yourself miseries that are needless, and this treasure called 'Life' will escape you.

Tell yourself, 'Stop it, stupid! Stop getting hurt, stupid!' and learn to laugh over your stupidity and overcome it. When you are free from this hurt, chances are that those who are hurting you will turn around and start caring for you, because they will miss your care and affection. Why not gift your affection, your love, and your care to those who value it, rather than those who don't and who hurt you? Isn't that really being stupid! Resolve today that you will not be stupid, that you will not be hurt, and in this subject, become an expert.

07
STOP BEING NEGATIVE, STUPID!

NAGESH EMITTED FUMES OF TOXIC EMOTIONS

Nagesh had a rotten mind. It produced negative thoughts and with these negative thoughts came fumes of negativity that caused toxic emotions to fill his life. His mind produced thoughts of fear, worry, stress, anxiety, depression and suicide. He was always thinking about anger, hate, revenge, and jealousy. He lived a life of a pessimist, always sad, depressed and his unhappiness spread like waves to whomsoever he came in contact with.

People stayed away from Nagesh. When he came near, people would try to avoid him. 'Here comes Mr. Negative', they would say and literally, used to run away. But Nagesh was a slave to his mind. He was like a puppet. His wings were tied with strings, and he was being driven like a horse by his own mind which kept filling him with negativity.

One day, Maggy met Nagesh and asked him, 'Aren't you really stupid? Your life is full of doubt and disbelief. Your fear steals your enthusiasm, and your rotten thoughts are destroying your peace and happiness. 'Why don't you stop being stupid, Nagesh?' Maggy asked him. 'Why don't you flip your life over from NEP to PEP? NEP is Negative Energy Poison and PEP is Positive Energy Power. Your negative thoughts are destroying you and you are stupid because you don't realize it! If you continue to let your negative thoughts and emotions fill your life, you are sure to be miserable and cry till you die. Flip over Nagesh, don't be stupid!'

'Be negative and your misery can be as tall as a tower,
Or be positive and fill your life with power!'

Nagesh realized the truth about his negative life. He realized that the fumes of negativity were destroying his peace and bliss. But he didn't know how to flip over from NEP to PEP. So he went back to Maggy and asked her for help.

Maggy explained the method. She told Nagesh, 'Every time there is a negative emotion, like doubt, tell yourself, 'Stop it, stupid,' and flip over to faith. If hate appears, then repeat the *Mantra*, 'Stop it, stupid' and flip over to love. When you are pessimistic, then whisper to yourself, 'Stop it, stupid,' and change that to being optimistic. When there is revenge that inflates your ego, remind yourself, 'Stop it, stupid,' and choose to forgive. Every time you remind yourself that you are stupid in being negative, you will become stronger in your positive emotions.'

Nagesh's life was transformed. He learned the art to flip over. Soon, his negativity disappeared, and he became a positive person. He met Maggy and thanked her for the flipping phrase – Stop it, stupid! Nagesh was no more negative. If his rotten mind produced a rotten thought, he would be quick to tell his mind, 'Stop it, stupid!' and he would flip over. We too must learn this art of flipping over and not let negativity fill our lives. Otherwise, like Nagesh, we will suffer. 'Stop it, stupid!' tell yourself the next time a negative joy stealer knocks at your door.

08
STOP TAKING REVENGE, STUPID!

HOW WILL REVENGE HELP YOU RAJESH?

Rajesh was Dominic's best friend. Rajesh did everything for Dominic from the time they were children. Rajesh was the son of a rich man while Dominic was from a very average background. They were in school together and Rajesh would share his food, take him to movies, help him with school fees and do everything possible he could, to help him.

As they grew up and went to college, Rajesh fell in love with Maria. Dominic knew they were dating, but somehow, he fell in love with Maria too and she chose him over Rajesh. Rajesh was heartbroken. How could Dominic do this! He had loved Dominic more than his family. Dominic was his best friend. He had loved him more than his brothers. Rajesh vowed to teach Dominic a lesson. He had lent Dominic money for his house, and his education. Now he decided to demand everything back.

While all this affected Dominic a lot, he somehow managed to deal with the situation because he loved Maria very dearly and she too loved him, not Rajesh. Aren't we familiar with such love stories? However, what is disturbing is that Rajesh was losing his health over the issue. He even contemplated suicide because he was so heartbroken. Revenge was not working, and although he tried very hard, he felt like a failure. The feeling of vengefulness did not leave Rajesh. He tried to defame Maria and Dominic through false allegations, using his influence. What he did not realize is that his desire for revenge was killing him far more than he imagined.

'Revenge is an instrument that is used by a fool.
The wise are happy, they use forgiveness as a tool!'

Rajesh's father was a wise man. He was also quite frank and so talked to Rajesh about the entire episode. 'Son', he said, 'my hair has become grey seeing such love stories. If we let these affect us, we will only become miserable. It is stupid to go beyond a point. We must surrender and we must accept. Stop the emotion of revenge,' he advised, 'Remind yourself, Rajesh, by telling yourself — Stop it, stupid! Let go and move on.'

Rajesh thought about it, and he realized that he was being stupid. When Maria and Dominic loved each other, it was only wise for him to gracefully back off and surrender the situation to whatever would be. His father taught him the meaning of acceptance, trust, and surrender. He also read about *Karma*, the Law of Action and Reaction, and how everything unfolds as per *Karma*. He caught hold of the autosuggestion – 'Stop it, stupid' and whenever the emotion of revenge popped up, Rajesh told himself, 'Stop it, stupid! You have everything in life. Don't cling to anything. Don't be attached. Let go and move on'. Rajesh overcame the negative toxic emotion of revenge. The autosuggestion helped him as did the realization that we can't control things from happening. This is the Law of *Karma*. Things will happen and we must learn to accept. They are the result of our own deeds of the past. Rajesh soon fell in love with Sheela and his life was filled with bliss and joy.

09
STOP YOUR HATE, STUPID!

HATE WAS ALWAYS AT SHILPA'S GATE

Shilpa was a lovely girl, intelligent and smart. But she had one disease, a disease called hate, which always brought misery to her gate. She let this toxic emotion build roots in her life and developed hate for people.

We all have likes and dislikes, but we should not let our dislikes become hate. Every individual is unique. Nobody is perfect. We all make mistakes. But to hate somebody because of what they do, or who they are, or even if they do not meet up to our expectations, can become a poison that will eventually make us miserable. Shilpa had many people in her life who she disliked greatly. But because this dislike became hate, it robbed her peace and stole her happiness.

Shilpa's mother felt sad for her daughter. She could see how hate was destroying her. Shilpa's day would get ruined when hate ruled over it. She would express her hate, not just verbally, but she internalized it so much that her mother could see her breathing hate in and out. She would mumble bad words for the people she hated, and she would become so depressed, thinking of what people had done to her and how much she disked them.

Shilpa's mother lovingly told Shilpa, 'Isn't it stupid that you are letting hate rule your life? How many people are you going to hate? Every person you hate is causing you harm. Why not be wise and do otherwise?'

'When we hate, we bring misery to our gate!
Instead, we must choose love and climb above.'

Many of us are stupid when it comes to hate. Sometimes jealousy causes it, and sometimes it is just our opinion, expectation or even judgement. But hating somebody has no meaning or benefit.

How would we like it if others hated us? What would we do in return? Hate can create so much misery that we suffer. Remember, '*Do unto others as you would have them do unto you*.' When you hate others, you are sure to be hated. But more important, hate puts a lot of misery in our life plate.

The next time hate tries to enter your life, tell yourself, 'Stop it, stupid! Let others be what they want to be. It is none of our business to dislike others, for the moment we do, we are creating unhappiness for ourselves.' So don't be stupid to open the gate and to let hate to enter your life. Put a 'no entry' sign so hate doesn't enter your gate.

How does hate benefit us? If we use our intellect and reflect, we will realize that hate can only create damage. It cannot contribute to our well-being in anyway. Is it not then completely stupid to hate? Our mind is our biggest enemy when it comes to letting thoughts of hate creep into our life. Stop it and stop it completely! The best way is to look at yourself in the mirror when a hateful thought comes and tell yourself, 'Stop it, stupid!'

10
STOP BEING DEPRESSED, STUPID!

DEEPA WAS DEPRESSED THOUGH SHE HAD IT ALL

Deepa was a star, a champion. Not only did she have name, fame, money, and all the pleasures of the world, but there were also hundreds of people who idolised her as she enjoyed her stardom. But she was depressed. Why? Normally, somebody is depressed because something is missing. But when you have wealth and love, and everything you can dream of, then where is the scope of depression!

Some people think that depression can be caused by the body and the hormones that affect our mood. Sure, but what releases the hormones? It is our own thoughts. Depression is a disease of the mind. It is a disorder caused by our thoughts. Thoughts of fear, worry, stress, and anxiety can lead to depression and ultimately, even to suicidal thoughts.

From the outside, Deepa's life was perfect. Then, why did she go around telling everyone that she was suffering from depression? She was stupid! She did not realize that her depression was in her hands. She could rather choose enthusiasm and inspiration, by counting her blessings. She was like that person who was asked to see what was on the white sheet of paper that had a small black cross mark. She could just see the cross mark. She could not see the expanse of white all around it. What was the way out of depression for Deepa? Deepa met Jaya, an old friend who told Deepa just 3 words – 'Stop it, stupid!' and Deepa's life started to change as she used the words 'Stop it, stupid!' to combat depression.

'The stupid let their thoughts create depression.
The wise escape by performing their mind's cremation!'

Don't we know that we create our own moods? We can choose inspiration or depression, and this depends on what thoughts we choose that dominate our life. If we let our mind bombard us with sad, fearful, anxious and depressing thoughts, we are sure to sink. But if we stop these negative thoughts, there is no scope for depression. Jaya explained to Deepa, 'Your life is rocking! You have everything going great. Why are you talking about depression? 'Stop it, stupid!' - tell yourself this every time you are depressed, and you will jump out of it. Your life needs no depression. You lack nothing. Don't you realize it? You are better off than 99.9% of the people in the world. Count your blessings. Be happy. Sing. Dance. Jump and enjoy the gifts that life has bestowed upon you. Don't you think it is stupid for you to tell people that you are depressed? Life is a show, enjoy it before you go!

The next time the thought comes to you that you are depressed, don't let it get expressed in words, because the moment you do, you are acknowledging those depressing thoughts and letting them take charge of you and your life. Instead, tell yourself, 'Stop it, stupid! I am not depressed, stupid. These are some stupid thoughts that are trying to steal my peace and happiness.' Jaya worked with Deepa and helped her overcome her depression. She stopped all her medication which she had foolishly started, which only created unconsciousness, rather than consciousness of the truth, and soon Deepa was singing in joy.

11
STOP BEING GREEDY, STUPID!

AJAY WAS NEVER SATISFIED

Ajay had just completed 5 decades of his life. He was celebrating his 50th birthday, when his friends asked him, 'What is your Golden Jubilee resolution?' He replied, 'I want to double my wealth in 10 years. I will work very hard. Then at 60, I will shut shop. I will start doing the things I love. I dream of traveling the world, learning to play the piano, of doing many things I could not do because there was no time.'

Ajay succeeded in his resolution. They were celebrating his 60th birthday party and his friends raised a toast, 'Cheers! You did it, Ajay!' they said, 'What next?' Ajay said that he had a new business opportunity, and he was going to give that a few years, make a little more money and then, call it a day. Ajay slipped into that trap. Today, he is 70, but still making money. He has become a slave of his desires and his passion. Raghav, his uncle, was 85 and he told Ajay, 'I too made the same mistake. Till I was 80, I continued running the race and like you, I was never satisfied. I resolved to stop at 60, but I didn't. I was stupid! Now, I see you are stupid too! You too will continue down the same path, till it is too late. You have more wealth than you need, but you will have no health to enjoy your wealth.'

Ajay realized what Raghav said was right. When he looked in the mirror, he told himself, 'Stop it, stupid! Enough is enough. Not one day more!' The next day, Ajay shut shop. He won over his stupidity. He shut his business to pursue his dreams and to be happy.

'When we are stupid to let our need become our greed,
We earn and earn, for others to burn what we earn!'

Most of us live life and then we regret. We say, 'I would have, could have, should have done this and that but I couldn't.' We can't reverse life. We are stupid to empty our glass of life and fill it with money. Ultimately, life is over, and we have more than we need. Aren't we stupid?

How many of us are wise enough to tell ourselves, 'Stop it, stupid!' How many of us are able to stop our greed and be content, fulfilling our need? Death is certain. Every body has to die. But though we know it, we don't realize the truth that we are spending our life collecting things that will be of no use to us, instead of living in happiness.

We do not have the courage to tell ourselves, 'Stop it, stupid!' We do not have the conviction to stop. We are so lost in the material world, that we do not even stop for a moment to ponder about the spiritual world. We don't pause to think about the purpose of our life, why we came to earth. We become no better than machines. One day, we will face death, and it will be game over.

Where are you in the journey of your life? Are you just flowing and going or are you going to stop and not be stupid? Are you going to just die, or are you going to live before you die? It is time to tell yourself, 'Stop it Stupid', and start to truly live.

12
STOP BEING ATTACHED, STUPID!

REKHA SPENT HER YEARS IN TEARS

Rekha had beautiful children and some wonderful grandchildren. But unfortunately, she was unhappy because she was attached to her family. She had so many expectations from her son, her daughter and her grandchildren. Every time an expectation was not fulfilled, Rekha would become miserable. Rekha's friend Kamini had spent many years with her. She too had a family, but she lived a life of Detached Attachment. It was not that Kamini did not love her kids. But she never suffered and became miserable when they did not do what pleased her. She was detached.

Rekha was stupid. She knew she could not control all of them. But she could control her emotions and her reactions, which she didn't. She let her stupidity of being attached fill her years with tears. Day after day, she was miserable because they were not doing what she wanted them to do. She waited for them to call, she wanted them to come and spend time with her, and she wanted so many other things that a grandmother would want from her children and grandchildren. The result – misery and pain!

One day, Kamini met Rekha and noticed how tearful Rekha was. Kamini told her, 'You are so stupid! Let go. Be detached. You are creating unnecessary expectations and losing your peace of mind. The kids will do what they want to do. You stop being stupid! You stop crying and waiting for them to make you happy. You learn to be happy.'

'Those who are attached, live with sorrow as they cling.
The wise are detached, not controlled by anything!'

Kamini too was attached to her children. But Kamini did not let that attachment create misery. On the outside, she loved her grandchildren. But internally, she had learned to be detached. From her own experience, she had realized that every time she was attached, she became miserable. Kamini had learned the secret. When she was heading to becoming miserable, when her expectations were not being fulfilled, she used to tell herself, 'Stop it, stupid! It is stupid for you to become unhappy because they are not doing what you want them to do. Let them do what they want to do.' She told herself, 'If you truly love them, then learn to let go. Let them do what they wish'. This changed Kamini's life.

Kamini taught Rekha the secret. Rekha's life that used to experience pain again and again changed. She let go of her attachments and detached herself from expectations that caused her misery every day. The next time Rekha started to feel unhappy because of the deep love in her attachment, she stopped and told herself, 'Stop it, stupid! Stop being attached, stupid! Stop being miserable, stupid!' This changed her life.

Rekha became a cheerful person, and her family was pleased that she was no more nagging them. She still loved them all, but she did not let her attachment have expectations that created disappointments.

13
STOP BEING IGNORANT, STUPID!

MANJULA SUFFERED BECAUSE OF HER IGNORANCE

Like anybody else, Manjula lived in this world and believed everything that she was taught. She was a truly devout person. She used to pray and go to the temple every day. She believed that God lived in 'Swarga' or heaven and prayers would take her there. She did good Karma, acts of service to please God. She followed all the superstitions, did all the rituals and thought she was living a perfect life. She was relatively happy but experienced the ups and downs that everybody faces.

Manjula was lucky to meet a Spiritual Master, a Guru. He guided her and told her that she was a very good person but was completely ignorant about the truth of life. Because of her ignorance, she was a victim who became a scapegoat to the dogmas that she followed. She would spend hours praying for her ancestors and decorating her pooja room not realizing that God lived in the temple of her heart. Because of her ignorance, Manjula was not able to progress and evolve spiritually as she was going around in circles. The presence of a Guru in her life who would take her from 'Gu' - darkness to 'Ru' - light, changed Manjula's life completely. When Manjula looked back at her life, she realized that she would have lived stupidly and died in ignorance if she had not met her Master. She was so busy collecting wealth in the material world and paying attention to the illusions that were transitory, that she did not pay attention to the reality of life. Because of her ignorance, she inadvertently suffered

pain of the body, misery of the mind, and agony of the ego.

'Those who believe in the myth they grew up with,
They live in their stupidity, and die with it.'

Manjula's Guru was a wise man. He taught her the truth of life, one by one, and this transformed Manjula's life. He made her realize that we are not the body that will die, nor are we the mind that we cannot find. We are the Divine Soul. It was not easy for Manjula to digest this. But she believed in her Master, and she was keen to overcome her ignorance. So, she continued her spiritual journey. He made her realize that nothing belongs to us. We come empty-handed, and we will not take anything when we go. No relationship will last forever. We must not be ignorant. We must realize that everything is unfolding as per the Law of *Karma*, the Law of Action and Reaction. We must learn to accept and to surrender.

Manjula seemed to be full of the right knowledge now, but she was not able to live this realization. She went back to her Master and told him the challenge she faced. Every time she tried to live overcoming her ignorance, her mind would create some thoughts that would hold her back. The Master smiled and gave her the *Mantra* – 'Stop it, Stupid!' He told Manjula that the next time she wants to do something, she must stop, use her intellect to discriminate and tell her mind — 'Stop it, stupid!' She must push aside her ignorance and follow the truth. The truth is not difficult to follow, but we must wipe out our stupidity by using our intellect, a gift only human beings are blessed with.

14
STOP BELIEVING IN FAIRY TALES, STUPID!

WHAT MADE YOGESH BELIEVE THE FAIRY TALES?

Yogesh was a well-educated person. But along with all the knowledge that he had learned, he was indoctrinated with a lot of myth, and he grew up with it. He was taught about ghosts and angels, and he watched movies about UFOs and life in outer space. Therefore, Yogesh was conditioned to believe in a lot of lies. His teachers believed in it, just as his family did. So, he just followed the herd.

If like others, he questioned his religion or the scriptures, it was considered blasphemous, a crime of the highest order. Unfortunately, Yogesh became another sheep in the herd of humanity that lived and died with what they were taught. To discriminate the truth, they sadly forgot! Therefore, Yogesh believed everything to be true, even the stories of Gods and Goddesses became the truth for Yogesh.

Yogesh was taught that God lives in heaven, that one day when we die, we will go and meet God. He never stopped to question who will go, if the body is destroyed and returned to dust. He was taught that God cut off the head of his son and replaced it with an elephant head. For Yogesh, he had no choice, but to accept and believe in it. All the fairy tales that were nothing but the myth became the truth.

Was Yogesh to blame? What Yogesh had learned, his parents had learned too and his children would learn as well, creating generations of stupids!

'If we are stupid to believe every fairy tale,
In ignorance, we will sink, and we will fail.'

Yogesh was intelligent. He did not want his life to fail, believing every fairy tale. He decided to discuss his doubts with Rajkumar, a learned priest in a temple. Yogesh used to visit the temple and asked Rajkumar, 'You perform Pooja to the idol. Is the idol God?' Rajkumar explained, 'I am not stupid! I don't pray to the idol. I pray *through* the idol to the Supreme Power that is omnipresent.' Yogesh was surprised to hear the temple priest. He further questioned, 'So, where is God?' Rajkumar explained that God is everywhere. God is the Supreme Immortal Power. 'What about God's birthday that we celebrate?' asked Yogesh. Rajkumar laughed, 'God is birthless and deathless, beginningless and endless. God is not made of bone and skin. God is a Power that is within.'

'Then what about the stories that our religion and scriptures teach us?' asked Yogesh. Rajkumar replied, 'Stop being stupid, Yogesh. Don't you know the truth? Just because somebody tells you something, you don't have to believe it.' 'Do you believe in all the superstitions, things like *Vastu*?' Rajkumar shook his head, 'None of this is true. The sooner you stop believing in all this stupidity, the faster you will attain God. God is SIP, the Supreme Immortal Power. The Power in you and the Power in me, is none other than SIP, who we call God.' 'What should I do when people convince me to believe in fairy tales?' asked Yogesh. Rajkumar replied, 'Tell yourself, stop it, stupid!'

15
STOP FOLLOWING THE HERD, STUPID!

WHAT MADE MAHAVEER FOLLOW THE HERD?

Have you seen a herd of sheep? What do they do? They don't think where they are going. They just follow the herd. But they are sheep. They have no intellect. We human beings must discriminate and choose a path, not just follow others and do what they do.

When Kishen met Mahaveer, he told him, 'When we do not discriminate, when we do not choose, the biggest treasure of life, we are just about to lose!' Mahaveer lived a life of following people. He used the same brand of toothbrush and toothpaste that his friends used. He read whatever books his family read and he just did exactly what his community did. There was no originality in Mahaveer's life. He was just a follower. Whatever he was taught, he believed. He did not question anything, he just followed. This became a source of his problems and he suffered.

Many of us are like Mahaveer. We just follow the herd. When we go to a restaurant, we don't choose what we want to eat. Just because others are ordering something, we too order the same. It may not be what we like, but we follow the herd. So, in life, when we just follow the world, we end up without using our power of discrimination. Most of the world is going down the popular path, which is not necessarily the right path. This will not take us to our destination. We must discriminate and choose the right direction, otherwise we will always reach the wrong destination.

'Many people are stupid. They just follow the herd. The wise don't, they explore as they fly like a bird.'

Kishen realized that his best friend was not getting the best out of life by following the herd. There was a time when Kishen too was like Mahaveer, but he got out of the rut. It happened in college when he was to choose what he must do. Everybody was signing in to go to the music festival. But Kishen stopped. There was an option to go to the Himalayas. Nobody had signed up, but he did. Seeing him do so, a few others joined. They had a great experience, but this taught Kishen a lesson. He realized that he would be stupid by just following his friends. In fact, he discovered that following the herd was not the solution and so, he told Mahaveer, 'Whenever I have to make a choice and my thoughts make me follow the herd, I stop my thoughts, my mind and tell it – stop it, stupid. If you go where others are going, you will never get to where you want to go. Don't just go, grow through life.'

Aren't many of us like Mahaveer and very few like Kishen? We stupidly follow the herd and then we suffer. But we still don't fly like the bird up in the sky to explore, to find what we must truly seek. While this may not seem to be a major issue in life, it is. The power of discrimination is the biggest gift given to humanity, a gift no other being is blessed with. The purpose of the intellect is to discriminate, to choose and this gift of life, we must never lose. The next time Mahaveer was about to follow the herd - he told himself, 'Stop it, Stupid!'

16
STOP REPEATING THE SAME MISTAKE, STUPID!

TANU! HOW CAN YOU ERR AGAIN AND AGAIN?

Tanu got married when she was 19. She fell in love and forced her parents to agree to the marriage. Initially, everything was so beautiful, but soon Tanu and her husband realized that they were very good as friends, but as husband and wife, there was too much strife. They decided to divorce. Tanu felt the pain, but she realized that it was the right decision to make.

Tanu's cousin, Ramesh, was very familiar with the subject. He told her, 'Marriage is not an easy subject. We must be very sure before we get into it. It is not just a contract. It is the ability to live together and to be happy, with common objectives.' Despite her cousin's advice and the pain, Tanu decided to get married again. This time, not to a boyfriend of her choice, but a partner that her parents would select for her. Tanu was looking forward to a happy married life. Most unfortunately, her husband was practically married to another woman before she got into this marriage. She was devastated and her misery multiplied. How could she accept this? How could she be married to a man who loved somebody else? These thoughts haunted her, and she did not know how to break the news to her parents. Eventually, she did, and they helped her out of the marriage through a painful second divorce.

But now, Tanu was nearly 30 and with two failed marriages, her focus was on her life. But like many others, Tanu was stupid!

'We all make mistakes, and that is fine!
But if we repeat our mistakes, we are sure to decline.'

Ramesh, Tanu's cousin was also her good friend. She confided in him and shared that a colleague in her office was in love with her. Ramesh was flabbergasted when she told him that she was planning a third marriage. 'Don't be stupid', he told her, 'Life is not as simple as you think. A marriage will work only if there is magic in not just the body, but also the mind and heart. Don't jump into another mistake.'

Tanu's heart was in love with her third-to-be partner. As her heart was winning over her head, she told herself, 'Stop it, stupid!' and gave Ramesh another chance to investigate. Ramesh decided that enough was enough. He found out that the man had been in relationship with two other girls. He spoke to the girls independently. They revealed in tears the same story. Tanu's to be husband number 3, had flirted with them, till he exhausted the entire limit of their credit card and then walked out on them. Ramesh knew that he was not serious about marrying Tanu. He could see it through and through. But like many girls, Tanu thought – 'What is life without marriage?' Ramesh shared what he had found out, with Tanu and warned her of the disaster she was getting into. It was a wake-up call for Tanu. She stopped being stupid and cancelled her plans. While marriage can be a great pleasure, many of us are stupid and we cry in this contract throughout life.

17
STOP BEING A SLAVE, STUPID!

AKASH SUFFERED BECAUSE HE WAS A SLAVE

Sometimes, we don't realize it, but we become a slave. We may be slaves to fences, farces, faces or forces. It hardly matters. What matters is freedom. We should not live and die as prisoners who are caged and who suffer. Akash suffered because he was a slave of his passions and his addictions. He was addicted to alcohol, to smoking, to women. He was completely enslaved in this world of material pleasures. It seemed to him that he was consuming these pleasures. Little did he realize that the pleasures were consuming him! He was being stupid!

Akash developed kidney problems and his health deteriorated in many ways. Not only did he suffer physically, but he was mentally tortured too. He was the son of a rich man and all the wealth that his father left for him when he passed away, most of it was exhausted and spent on his passions.

He couldn't afford his addictions and all the flamboyance that he enjoyed came to an end because he was deserted by people who seemed to love him, but in reality, had their eyes on his material possessions. He lost his cars and all that he was left with, were the scars of misery and disappointment. It was on a hospital bed that Akash realized how stupid he had been. It was a doctor who made him realize this. Akash woke up from a deep sleep and resolved to change. He did not want to continue to zoom to his doom.

'When we let our passions make us a slave,
We are stupid! We take misery to our grave.'

When the doctor warned Akash that he would be destroyed forever if he continued to drink and smoke, Akash got a rude shock. On the other side, he realized his stupidity, where he had lost everything that his father had left for him. He was lucky that the doctor had left him with the 3 magical words – 'Stop it, stupid!'

While Akash had been living like a slave to his passions, he gave them up in a flash. When a glass of whiskey would come in front of him, he would tell himself, 'Stop it, stupid!' When his friends offered him a cigarette, he refused because the doctor's words were ringing in his head, 'Stop it, stupid!' He was left with a large property that his father had created. When his girlfriends tried to lure him away to sell the property and take them to Las Vegas, he refused. 'Stop it, stupid!' he told himself. Akash had realized that his foolishness could not be extended even for a moment. He sold the large property and started a business. He worked very hard and started to become rich. None of his habits returned because he was firm to recite the words, 'Stop it, stupid!'

How many of us live like Akash? We may be stupid like him, but how many of us have the courage to flip over and to stop being stupid? This is our life's biggest challenge- to overcome our ignorance, realize the truth, and then live a life of meaning and of purpose.

18
STOP THOSE RITUALS, STUPID!

HOW DID RITUALS MAKE SUDEEP MISERABLE?

Sudeep was a simple man. He was devoted to God. He prayed and believed that the Lord will take care of his life. However, he was miserable.

Sudeep followed all the prescribed rituals that he knew, he was told, and those he had picked up from here and there. He was so devout that he would perform the Aarti every day, a religious ceremony that lasted 30 minutes. He would perform Archana, reciting the name of God for hours. He would do Abhishek for the idols. He performed all these rituals because he believed that these rituals pleased God. Instead of investing his time in hard work, he wasted his time in rituals. All that he prayed for did not materialize and he became frustrated. He cried to God and said, 'I have done everything for you. But you have done nothing for me!' He lived and cried with his rituals, till he met a Spiritual Mentor, who then became his Guru.

The Mentor asked Sudeep, 'Will all your rituals please God? Do you even understand the meaning and purpose of all these rituals? Have you stopped to ponder- Who is God, where is God, what is God?' Sudeep realized that none of these rituals would materialize. He realized from his Guru that he was being stupid. 'What should I do?' Sudeep asked his mentor. The Guru replied, 'First of all, tell yourself, 'Stop it, stupid!'Realize your stupidity and when you stop doing what is wrong, you will find the right things to do.'

'If we let rituals become our life's base,
Then to the truth, we will not come face to face.'

Every time we live with a ritual, we are murdering our own intelligence. Rituals are, in principle, fairy tales. They are a myth. Barring those rituals that we understand, we accept and execute based on our proper understanding of them, the rest of the rituals just take us astray. Sudeep had lost his direction. His Mentor told him to stop all the rituals, but Sudeep could not. Sudeep was sinking in his ignorance. His stupidity was very deep-rooted, and his mentor could not easily uproot the rituals from his life. Therefore, Sudeep continued to follow the rituals. Obviously, they did not bear fruit as he continued to be disappointed. Instead of flipping over and putting an end to the rituals, Sudeep only increased his rituals. In life, what we resist will persist. The mentor was trying very hard to make Sudeep realize that these rituals were making him stupid. But Sudeep could not stop it. The mentor failed.

Many of us are like Sudeep. We live and die with our stupid rituals. Although there is no meaning, no logic, no relevance, we continue to follow them, more out of fear than out of faith. It is time for us to put an end to rituals. It is time to stop those unscrupulous elements that make a fool of us. They tell us that they will perform a ritual that will change the Karma of our last life. They promise us that their rituals will liberate us from all our sins. Out of innocence and ignorance, we continue to let rituals make us live as puppets.

19
STOP THE ROTTEN THOUGHTS, STUPID!

RAJ HAD A HEALTHY BODY BUT A ROTTEN MIND

Some of us suffer from Tuberculosis, Hepatitis, but many more of us suffer from 'Rotten-thought-itis, a disease that makes our mind diseased with rotten thoughts. The major symptoms of this disease are: it robs our peace of mind and happiness; it disables our intellect; it steals our Consciousness, and it fills us with negative and toxic emotions. Ultimately, it doesn't let you attain enlightenment and liberation. The mind is like a thought factory. It is constantly producing thoughts. But when these thoughts are toxic and rotten,they kill us.

Raj was facing exactly this problem. On the outside, he looked very healthy, tall, strong and muscular. But deep within, he was corroded by rotten thoughts. He didn't even realize that he had the ability to use his intellect to discriminate. He thought he was his mind. He thought the mind was king, it was everything! So, he submitted to his mind and his rotten thoughts and suffered the toxic effect of this negativity.

Raj visited a psychiatrist and asked for medicine for his mind. The psychiatrist was pleased to prescribe a tranquillizer, but being both intelligent and spiritual, he decided that he would try to help Raj in a different manner. He prescribed some placebo medicine and sent Raj off. Raj seemed to recover and returned. The psychiatrist revealed the truth to Raj, 'You have a problem with your mind, with your rotten thoughts. If only I had prescribed some drugs for you, you would be drugged for life. You will be fortunate if only you stop your stupid mind from producing rotten thoughts.' Raj, who experienced freedom from his toxic thoughts, begged to know how.

'If we let our mind produce rotten thoughts,
Then, we will be tied in hopeless knots!'

The psychiatrist was not a commercial doctor. He was a sincere man and thus wanted to show Raj a way out of his psychiatric problem. He explained to Raj, 'When thoughts pop up in our head, they are like a popcorn machine. The mind produces up to 50 thoughts a minute and it is like a thought factory. If you feed the mind with negative emotions, these become the raw material that will produce negative thoughts. But if you feed the mind with positive emotions, then the mind will produce positive thoughts. It is important that we take charge of our thought factory and do not permit the mind to produce toxic rotten thoughts.'

Raj listened intently and asked the doctor, 'How do I control my thoughts and my emotions from being negative and toxic?' The doctor replied, 'Every time a negative emotion or a toxic thought appears as a spark in your head, tell it, 'Stop it, stupid.' Don't let the negative emotion germinate in your head and produce negative thoughts, feelings, and actions. You have to stop it and stop it immediately.'

To Raj, this was completely new. He never knew the art of controlling his rascal mind and how it would be possible for him to control his thoughts. But he tried. Every time a toxic thought emerged, Raj shot it down with the words – Stop it, stupid! He replaced the toxic emotions with nourishing ones as he let 'Stop it, Stupid!' take charge. Soon Raj not only enjoyed his healthy body, but also a healthy mind.

20
STOP THE HABIT, STUPID!

PAYAL SMOKED TILL SHE DIED

Payal was a good manager. She earned well and was successful in all aspects. However, when it came to her personal life, it was a disaster. She was diagnosed with lung cancer. She was a chain smoker, and her cancer not only robbed her of her health but stole her job and her life. Why did Payal get addicted to smoking? Although every cigarette pack warns us, 'Smoking is injurious to health', why do we smoke? Aren't we stupid?

Haven't you seen people addicted to smoking? They just can't do without it. Some are chain smokers and smoke all day long. Some just cannot live without a smoke after breakfast, lunch, and dinner. The worst part is that it seems like they just can't give it up!

For anybody who is smoking for the first time, it is a horrible experience. Why then, does it become an addiction? It is because smoking is the intake of tobacco that contains nicotine - it may be through cigarettes or chewing tobacco. Nicotine enters the body and activates nicotine receptors in the brain. This then releases dopamine, which gives an adrenaline rush, and then the body craves for it, and we become addicted to it.

Although Payal was warned to stop this stupid habit of smoking, she smoked till she died. Payal is not the only one who is stupid! How do we stop this?

'Why be stupid and smoke till you are dead?
Stop being stupid. Get the Truth in your head!'

Victor was Payal's friend. He had seen her getting addicted to smoking and he had warned her not to become a slave to the cigarette. He didn't smoke and in fact, stopped meeting her eventually. Several times he had told tell her, 'Payal, you are stupid!' When he saw her becoming a chain smoker, he again warned her sharing his own experience when he took the first puff. He had a friend who had warned him – 'If you don't stop this stupid habit, you will die of it. Every cigarette is known to reduce life by a few minutes and those who smoke are sure to die far before they should.' Victor was intelligent. He told himself, 'Stop it, stupid' and he stopped. He did not let smoking become an addiction. To him, life was more precious. Sadly, he could not stop Payal and her smoking killed her.

Payal died even before she was 40 because the nicotine destroyed her lungs. Payal's friend Meena didn't smoke, but she would chew tobacco. She too was addicted, and she got cancer that corroded her entire mouth, tongue, and cheeks. It is such a horrifying sight to see the effects of cancer on the face, but the addiction is so strong, that people still continue to smoke and chew. Aren't we really stupid? Those who are addicted to nicotine must realize that they are destroying their life. They must understand that they are stupid. They must stop being slaves to their addiction. If you want to help them, teach them the secret – Stop it, stupid!

21
STOP TOXIC PEOPLE, STUPID!

WHY WAS PRIYA SURROUNDED BY TOXIC PEOPLE?

Life is beautiful. We must learn to enjoy it. It is not that we must stop doing everything good, that is fun. But what is the point of doing things that destroy our life. Should we not stop all that which is detrimental? Whether it is an addiction or an emotion, whatever is good, we must choose and whatever is bad, we must be ready to lose. If we don't choose, we will lose this gift called life.

Priya did not take time to look around. There were both kinds of people, those who were causing inspiration, just as there were people who were causing perspiration. We all meet people who may be a good or bad influence on our life. Some people are toxic, just as other people are nurturing. It is for us to choose who we want to be with and who we want to let go of. Priya's carelessness about the choice of her company led to all her best friends leaving her. She was surrounded by many buddies who had selfish interests. They laughed, joked, ate and drank with her, even falsely praised her so that she would remain friends with them. Alas, she became one of them! Geeta was Priya's best friend and warned Priya – 'You are stupid! You have lost all good company because you have surrounded yourself with people who are wasting their life. You may be enjoying temporary pleasure with these friends, but you have stopped evolving as a person. You are such an intelligent girl, but do you even realize that all your intelligent friends have moved on? Stop being stupid,' she advised.

'So often our life depends on who is our friend, Choose your company wisely or in gloom, you will descend.'

We all have friends, but not all of us are careful to choose the people we spend time with. So often, we are stupid, and we become friends with people who are walking in the opposite direction to where we want to go. If our direction is wrong, how can our destination be right? We must learn to stop being with people, going with people who are heading the other way.

Unfortunately, we get carried away. Our own mind gets us into a paralysis, and we are unable to change. Priya was a lovely girl, and she had a group of intelligent friends. Then, why did she lose that group of inspiring people? Because she did not realize that she was letting a bunch of useless people surround her. Although Geeta warned her, even told her, 'Stop it, stupid!' Priya did not. She was so enamoured by the temporary pleasure she was enjoying, that she did not pay attention to the long-term loss that she was going to have. Sure, she had fun and good times, but soon, her life was over! The toxic people moved on and the intelligent friends deserted her. Priya's world was empty. She was to blame. She made the wrong choices.

In life, we must be careful not to surround ourselves with people who will not help us evolve through our life journey. Remember, when you are attached to such people, tell yourself, 'Stop it, stupid.'

22
STOP COLLECTING WEALTH, STUPID!

JACKY HAD ENOUGH. STILL, HE WANTED MORE

Jacky was a rich self-made man. His father had not given him the wealth he created. But while Jacky was so wealthy, in reality, he was a poor man. Why? Jacky was just running in the race called life. He was so busy in that chase for more and more, that he got caught in the maze. Jacky made millions. He had many businesses, trading, software development and real estate and like any rich billionaire, he wanted his name to be amongst the richest people in the world. He got there. But still he was not satisfied. He had far fulfilled his need and beyond. Now, he was a victim of his greed. He was like a speeding car, the brakes of which had failed. He could not stop. What would his end be? He was sure to crash! Every night, Jacky would be at a party with the rich and famous. He would socialize, eat, drink, and sleep late. It was all part of his success journey. He went from peak to peak, and he thought – this is life.

One day a Spiritual Master met him and told him, 'I have a valuable crystal and I want it to be delivered to me 3 months after I set out for a retreat in the Himalayas. Can your logistics company do this for me?' Jacky bowed down and agreed to do it. After the Saint left, Jacky's secretary asked him, 'What if this man dies before the period? How will you deliver this valuable crystal to him?' Jacky was disturbed. He immediately went to the Saint and returned the treasure. The Saint laughed and asked Jacky, 'Aren't we stupid? We know we cannot take anything when we go, still like idiots we want more and more!'

'Whatever we earn, others will burn.
When will we realize and spend before our end?'

Jacky was touched by the incident. He requested the wise man to explain, and the mentor said. 'We are stupid. We are collecting more and more money and wealth in this world when in reality, nothing will belong to us. We will leave everything behind. You returned my crystal because you wondered how you would deliver it to me if I died. You don't wonder what will happen to all your wealth after you are dead. Can you take your money and go? Although we know that we will go, and the money will not, we continue to make money, cheating people, the government, and customers, only to ultimately leave it behind. Aren't we stupid?'

Jacky knew what the Saint was saying was right. But he was so caught in his drive to make money and to become richer and more famous that he did not know what to do. The Saint told him, 'Learn to tell yourself - Stop it, stupid! You are wasting your life collecting things that you don't need and losing the precious moments that you need to do what you should and must do. Isn't this stupidity?' Jacky was awakened. He realized it was stupid on his part to create more money, wealth and property. At death, not a penny would go with him. He became so disturbed that he went back to the wise man for advice. He learned that all that he would spend for good causes would become his good Karma and could be carried forward into the life beyond. Instead of spending his life just making money, he started to make a difference.

23
DON'T STOP APOLOGIZING, BUT STOP REPEATING THE SAME ERROR, STUPID!

IS 'SORRY' A GOOD WORD OR BAD?

Apologizing is positive, isn't it? When we make a mistake, we must say, 'Sorry'. But what happens when we make the same mistake again and again? In this case, is 'sorry' good or bad? Obviously, we must not repeat the same mistake again and again. That is being stupid! But if we do repeat the mistake, isn't it better to say, 'Sorry' again?

Neetu was caught in this trap. She used to make the same mistakes and do it repeatedly. Saroj, her friend used to tell her, 'You are stupid! Why do you repeat the same blunders again and again and then apologize repeatedly?' She said, 'I will stop apologizing.' Saroj laughed. The solution was not in stopping to say, 'Sorry', but in not repeating the same mistake again, and then saying 'Sorry' again.

Neetu learned the Mantra, 'Stop it, stupid!' The next time she was going to repeat a mistake, she triggered an auto-response, as she repeated the words to herself, 'Stop it, stupid!' She did not have to say, 'Sorry' because she stopped herself from repeating that silly mistake.

Why was Neetu trapped in repeating those mistakes? She was helpless being a slave of her mind. She was just acting as directed. She was not able to activate her intellect to say, 'Stop it, stupid' to the mind, when in fact, we all have the intellect to discriminate and choose. Either the mind or the intellect prevails.

'Many people are stupid, they keep on saying, 'Sorry',
Instead of stopping their stupidity and ending their folly.'

We all have a choice. None of us is perfect. We make mistakes and every time we do, the least we can do is to apologize. But is saying, 'Sorry' the solution? We must stop ourselves from repeating mistakes. That is the only way towards perfection.

Haven't we learned that we must learn from our mistakes? What is it to do so? It is not repeating the same mistake! Then, why are we committing the same crime again? We do not realize that it is our mind. The mind creates thoughts, which create feelings that become actions. We are unable to cut this trajectory, this chain. However, if we introduce the intellect into the chain, it will not let the thought become a feeling and action. The intellect is like a sword. It can chop off negative thoughts that will ultimately lead us to our follies and the need to say, 'Sorry' for the same mistake again.

Most of us make a mistake and then, we regret it. To make up, we apologize, and this is good, in fact essential. Sometimes, we get tired of saying, 'Sorry'. This is the worst-case scenario. For every folly, a 'sorry' is a must. But let us try to reduce our follies. New errors will keep happening, but why repeat the same mistake? Isn't that being stupid? Why not tell yourself, 'Stop it, stupid,' when you are about to repeat that stupid mistake again. Then you don't have to feel stupid in apologizing again and again.

24
STOP YOUR NEGATIVE FEELINGS, STUPID!

WHY FEELINGS COMPLICATED KOMAL'S LIFE

Komal is no different from you and me. She was bombarded by her thoughts, often a new thought every second. Each thought created a feeling and these feelings created fear, worry, stress, anxiety, and even depression. She was helpless and miserable. Don't we experience the same?

Sometimes, we just hate it, but some strong feelings dominate our life. It may be a feeling of love or hate, of fear or anxiety. The feeling does not just appear. Once it does, it takes charge of our moods and our life. Then, we become a slave. It seems like we are a puppet to our feelings. But where did these feelings come from?

All feelings come from thoughts. When a thought crystalizes into a feeling, it takes charge of our state of being and then, we have no control over it. We have control as long as it is still a thought. But if we don't uproot it and let it become a feeling, then, like Komal, we will feel helpless and depressed.

When Komal spoke to Peter, Peter laughed. He told her, 'Haven't you learned to stop your stupid mind from turning you into a garbage bin full of rotten thoughts? One day, surely, that bin will stink.' Komal asked, 'How do I do it?' Peter replied, ' If you are eating, and you want to stop eating, what do you do?' She said, 'I just stop eating!' 'So,' Peter said, 'just stop thinking, it is a choice. Tell your mind, 'Stop it stupid!' and stop these rubbish thoughts.'

'As long as it is a 'thought,' it can still be caught. Once it's a 'feeling,' then in a bad mood you will be reeling!'

Stop it, stupid! This is what you must tell your mind when a negative thought is trying to germinate. Before the negative thought can grow toxic roots that will create miserable shoots and depressive fruits, tell yourself, 'Stop it, stupid' and uproot that thought. That is the only way to control your mood and your life. Remember, if you plant seeds that will grow thorns in your garden, don't cry when the thorns poke you. Don't let the thorn seed find a place in your garden.

Once our life is dominated by stressful feelings, we are paralyzed by fear and anxiety, then we have lost control of our life. Our life did not get complicated. We complicated our life by permitting depressive feelings that were a result of negative thoughts to take charge. When a thought arrives, we all have a choice to welcome it or reject it. It is like a guest. Once you open the door and let the guest in, then, you have no choice. But if you shut the door at it, then you are free from misery.

The next time a miserable feeling is going to germinate in your mind, caused by a toxic thought, be smart. Tell yourself, 'Stop it, stupid'. You should become sensitive to those thoughts that are sure to create a bad mood. Nobody likes a bad mood, but somehow, we let negative thoughts enter. Aren't we stupid? These negative feelings are of no use. They only steal our peace and our happiness. We can avoid complicating our life by the autosuggestion, 'Stop it, Stupid!'

25
STOP THOSE NIGHTMARES, STUPID!

WHY LET OUR DREAM MAKE US SCREAM?

Lokesh lived in a world of fantasies. He somehow did not like the real world and he believed what he saw in his dreams. If he saw somebody die in his dream, he would wake up and believe in it. He would have the fear that death is going to occur. Over time, Lokesh got to know that dreams are dreams. But still, he was stupid to believe in them.

Randhir was Lokesh's good friend. He used to laugh at Lokesh when Lokesh shared some of his weird dreams. As long as dreams are happy, they are fine. But when they become nightmares, they can make us miserable. Not only will those nightmares stop us from a good night's sleep, but they will wake us and shake us up in the new day that is to start.

We all know that dreams are just dreams. But where do they come from? The rascal mind! Not only is the mind a monkey when we are awake as it bombards us with about 50 thoughts a minute, it also does not let us sleep in peace. The body sleeps but the mind, which is nothing but a bundle of thoughts, continues to play in our head as we lie unconscious in our bed. Science calls it the subconscious mind in which we dream and scream. Randhir explained to Lokesh, 'Don't let your dreams bother you. They are not reality. The next time you wake up with a dream, tell yourself, 'Don't be stupid! It is just a dream. Shrug it off and cheerfully start your day. Otherwise, you will let the miserable dream spoil another beautiful day of your life.'

'Aren't we stupid to believe in our dream?
It is the mischief of the mind that steals our gleam.'

While all of us know that dreams are dreams, many of us get rattled by our dreams. Of course, we are stupid. But the challenge is how to stop this stupidity. Can we control our dreams? Can we go into our dream and stop it?

Suppose you were challenged to go back into the dream that you had yesterday, could you do it? Nobody in this world is capable of returning into a dream because the dream is not real. It is just a hallucination of the mind. It is just a bundle of thoughts that becomes a dream and tries to make us scream. If we realize the truth, we can stop being stupid.

Lokesh asked Randhir, 'How can I stop my dreams?' Randhir explained, 'Two things must be done. First, we must not go to sleep with an agitated mind, with a set of unpleasant thoughts. These are sure to cause us a bad dream. If we sleep with peaceful thoughts, with bliss, joy, and love, there is hardly a chance that we will have a nightmare. So first of all, take charge of your pre-sleep time. Don't be stupid to go to sleep with fear, worry, or anxiety. The next thing we must do is that if we ever wake up with a bad dream, we must not acknowledge it. We must wipe it away, knowing it was just a dream, and consciously choose happy, positive, courageous, and peaceful thoughts to start our day.' Randhir told Lokesh, 'The next time you are a victim of a nightmare or are led to believe in your dream, remind yourself – 'Stop it, stupid!'

26
STOP BEING GUILTY, STUPID!

WHAT IS GONE, IS GONE - WHY BE GUILTY?

A Spiritual Master was giving a discourse and Preet was in the audience. Preet was in tears because he related to the talk due to the guilt in his own life. The Master was explaining, 'Can we change the past? The past is over. Nobody can change it. Then why cry over spilt milk? If we have wronged somebody, living with guilt will not help in any way. We will only lose our peace. What are the options? Either we can undo the wrong, if that is possible, or we can make amends in whatever other way to compensate for the wrong we have done. Living with guilt is not a solution. It is foolish to live with guilt.' The Master continued to explain the Law of Karma, 'Whatever we do gets recorded in the eyes of Karma. We have to pay the price. If we do good Karma, it might negate the wrong that we have done. But living with guilt is not a wise solution.'

Preet was emotional and reached out to the Master after the talk. Preet shared in confidence how he had cheated some people and how there was so much guilt inside him that it was killing him. Preet even thought of committing suicide, he told the Master. The Master said, 'Stop it, stupid - this is what you need to tell yourself. Stop feeling guilty. This is stupid because you are only making matters worse.' Preet asked if his sins will be forgiven. The Master explained that if we do good, all our bad deeds will be wiped off. Preet was energized with a new hope. For the first time, he felt calm in his heart, which replaced the guilt that he was constantly tormented with.

'When we fill our heart with needless guilt,
All our bliss and peace is uselessly spilt.'

Preet spent years in guilt. He realized that he had wasted so much of his life. He was like that dog who was sitting on a nail and groaning. The nail was hurting the dog but he did not get up and instead went on groaning. Preet felt so stupid. Sure, he had made a mistake, but that was done and dusted! The person whom he had hurt was no more in the scene. Then why feel guilty, he realized now. Earlier, guilt used to prick him, and he used to sob and cry and become miserable. Now, when guilt attacked him, he told himself, 'Stop it, stupid.' He did not let the guilt sink into him like he used to. Thanks to meeting that Master, the life of Preet changed once and for all.

Preet also became more sensitive as a human being. He became more compassionate, caring and considerate. He resolved not to make similar mistakes and feel guilty again. And if ever there was a mistake made, he would, no sooner than the error happened, make good for it, so that it did not become like a thorn of guilt that would poke him in the heart.

Many of us are stupid like Preet. We let emotions like guilt tear us into pieces. We don't remember the simple ancient wise words, '*For every problem under the sun, there is a remedy or there is none. If there is one, try to find it. If there is none, never mind it!*' Preet lived with a new weapon, 'Stop it, stupid!'

27
STOP BEING STRESSED, STUPID!

WHY DO WE CRY, LOOK AT THE SKY AND ASK, 'WHY?'

Harry was a jolly fellow, but his smiles and laughter were short-lived. Every now and then, he would become stressed. He would needlessly feel insecure and incompetent. In simple words, Harry was famous for making a mountain out of a molehill.

We all face pressures in life, but when we don't deal with pressure with a positive attitude, it becomes a source of anxiety. We let fear of something cause anguish, just as we let worry about the future make us stressed out. Why? Because we are stupid! We are capable of dealing with the situation, but somehow our thoughts make us believe that we can't and that we will fail. This leads to stress.

When Harry met Sid, an old friend, Sid laughed. He taught Harry a simple trick. 'Every time,' he told Harry,'any pressure tries to create stress, look at the pressure in the eye and tell it – 'Stop it, stupid!' Your tension will disappear. In a moment, your frustration, anger, and nervousness will cease to exist.' Sid knew Harry for a long time, and he knew him to be a champion. He was sure Harry would overcome the challenge of overcoming stress.

Harry paused for a moment and told Sid, 'You don't understand, I have financial problems, problems at work and at home and my relationship is under threat.' Sid laughed. He told Harry, 'I understand! But will stress solve your problem? Your solution lies in the Mantra — Stop it, stupid!'

'Don't let pressure create unnecessary stress,
Live with courage, with peace, and happiness.'

How do you reverse a life that is full of stress to a life that is filled with peace and happiness? There are some autosuggestions – I can! I shall! I will! These are self-starters that will give courage. We human beings must know how to use stress positively and infuse courage into our blood.

One day a man had a car accident. The car was in flames, and he was stuck beneath the car. His courage enabled him to push the car and escape. Onlookers were surprised. It was humanly impossible to do it. But he did! When we let stress kill us, we will be dead. But when we have courage, we will create energy that will make the impossible, possible.

But to build courage, and to stop stress from consuming us, we should face stress with the shield, 'Stop it, stupid'. We should not let stress unnecessarily become part of our system. We should stop it from entering our mind with a rebuttal, 'Stop. Do not enter! I am capable of dealing with my situation. I don't need stress!'

When we realize that stress has an intention of defeating us, then we wake up, realize our potential and face our problems. We don't need stress to add to our problems. We have enough of them. So, the next time stress knocks at your door, tell yourself, 'Stop it, stupid!'

28
STOP YOUR REGRET, STUPID!

THE PAST IS GONE, WAKE UP STUPID!

Manohar was stupid. He lived in the past. He would not only live in regret of what was done and over, but he would repeatedly think of his hurt and then nurse it, curse it and rehearse it. If he could reverse it, that would be great. But he couldn't. It was in the past! Can anybody go back into the past? No! Only the stupid do!

Harish saw Manohar's stupidity day in and day out. He felt sad for him. But what could he do? He tried to take Manohar out of living in the past, but he failed. One day Harish got his hands on a beautiful book that spoke about how we are stupid to live in the past. Yesterday is gone, tomorrow is not yet born. If you want to be happy, live in the now. He gifted the book to Manohar.

As Manohar was reading the book, he got the realization, 'Am I not stupid? Why am I regretting what is over? Let me remove these words from my life – I would have, I should have. I could have. That is over! There is no point in regretting what I can't change!' The book inspired Manohar to live in the now. It prescribed a slogan, 'Stop it, stupid!' It suggested that whenever our mind tries to drag us into the past, we should use this slogan to stop us from getting into that state of useless regret. This would only make us more miserable.

'When we live our life in the past, full of regret,
We waste this treasure, being miserable and upset.'

Anybody looking at Manohar would straight away ask him, 'What is the problem? Are you upset about anything?' Manohar's expression always revealed a state of stress, worry, anxiety, and depression. Why? Because his mind was shooting thoughts at him like bullets of an AK - 47. The mind can shoot up to 50 thoughts a minute and for Manohar, a majority of the thoughts were on regrets of the past!

Manohar was fed up with himself. He was tired. Somehow, he was lucky that he had a book that could change his life and it did. He read the book, again and again – 'Be happy in the now. Don't live in the past that is gone and the future not yet born'. Manohar did not have a problem about the future. But he was stuck in the past. He used the book's inspiration to snap out of the regret mode that his mind took him to. The most effective learning from the book was use of the slogan, 'Stop it, stupid!' His life changed. Now when people met him, they would ask him, 'What is the good news? You seem to be very happy. What is the celebration about?' Manohar would simply laugh. To one friend, he said, 'If the past was what we were meant to see, then behind, not in front, our eyes would be. We are fools to live in the past, to look back with regret. It's of no use. I have learned to look forward and I am going forward.' We all have a choice to be the Manohar who regretted or the Manohar who celebrated life.

29
STOP BEING IMPATIENT, STUPID!

IMPATIENCE IS THE RESULT OF IGNORANCE

Paul was impatient. He wanted things to happen at the snap of a finger. He thought that this world was like a fast-food restaurant, like Mcdonald's, where you pay in a moment and in the next, your French fries are in your hand. But is life so? What was the result of Paul's impatience? He created stress, anxiety, worry, disappointment, and a host of negative and toxic emotions and feelings because of which he lost his peace and happiness.

Mary, Paul's wife, used to smile. She was used to it. In the beginning, she would be upset. But now, she knew Paul. He would ask her for a cup of tea and even before she could get up from her seat, he would ask, 'Is the tea ready?' Haven't we seen impatient people like this around us? Not only do they create stress in their own life, but they also create so much pressure on everybody around them.

One day, Paul and Mary were watching a movie. The movie had a moral. It was based on the concept of Karma. Everything that is unfolding in this world, is not happening as per the whims and fancies of some super God sitting in heaven. Everything is unfolding as per the Law of Action and Reaction. Therefore, impatience is not the solution. We must realize that we have to accept whatever unfolds. We have no choice. Yes, we have a choice to do what we want to do. We have a free will and an intellect. But we cannot control what, when and how it is unfolding. We need patience.

'When you don't understand that everything is Karma,
You become impatient and don't enjoy the drama.'

Ignorance is a big problem. We cannot understand a simple thing — we cannot control other people's actions, just as we cannot control what is happening in the world. Unfortunately, we become irritated as we become impatient. Isn't this being stupid? This was, ultimately, what Mary told Paul. She explained how Paul was needlessly losing his composure and peace by becoming impatient. 'What can I do?' screamed Paul, 'When things don't happen, I get upset.'

'Isn't that being foolish?' Mary asked. 'You just ordered a pizza and in the last 15 minutes, you have asked the waiter 5 times when the pizza will come. Can you go into the kitchen and cook the pizza? Why lose the entire fun of the pizza by getting impatient? Why not just enjoy the moment in peace?' Paul was listening. Mary added, 'The next time you are provoked to express your impatience, realize it is foolish and tell yourself, 'Stop it, stupid!' Don't stupidly ask the waiter 5 times, 'When the pizza will come?' The pizza will come. Give it a reasonable time. By you becoming impatient, your ignorance is robbing you of your own peace and you become so irritated and unhappy.' Paul smiled. He liked the idea and he thought it was a great solution. Whenever he became impatient, he now realized that he was ignorant. He loved Mary and he implemented her creative solution. 'Stop it, stupid!' he would tell himself. Paul and Mary lived happily together after 'Stop it, stupid!' replaced Paul's impatience.

30
STOP YOUR ANXIETY, STUPID!

ANXIETY OR TRANQUILLITY, WHAT WOULD YOU CHOOSE?

We human beings are so strange. We react to our monkey mind, its negative thoughts, and all the poisonous emotions with anxiety, which actually makes no sense. It is up to us to choose how to react. Anxiety is an attitude, a response, a behaviour. We often say that we become anxious or that we get anxiety attacks. Why does this happen? We all experience thoughts, both positive and negative. Very often, these thoughts are not under our direct control. No doubt they are influenced by the raw material that we feed into the thought factory, the mind. But our reaction to our thoughts is our choice. It is up to us whether we want to respond with anxiety or tranquillity.

Abhijeet chose anxiety. He consciously let his life become nothing better than a dustbin. He let all garbage thoughts enter his mind and what was the result? A stink of anxiety came out of his head, his heart, and his hands. It was the negative thoughts that he permitted to germinate that led him to feeling anxious and consequently, he reacted with so much anxiety. Was there a need to be anxious? No! These fears and worries are not real. But when we imagine that every fear will become a danger, we are sure to end up like Abhijeet. Abhijeet was so disturbed by the anxiety attacks that he decided to see a counsellor. He was sick and tired of his needless anxiety attacks that did not contribute to anything positive. All it did was make him lose his peace and happiness!

'When we are imprisoned with worry and anxiety,
We become slaves of thoughts and lose our liberty!'

The counsellor asked Abhijeet, 'Why do you become anxious?' Abhijeet replied, 'I don't know. I have no control over my anxiety' The counsellor told him, 'Of course, you do! Your anxiety is the way you are responding to your thoughts. You say you become anxious when you are crossing a busy road. It is your response to the traffic and your imagination that a car will hit you. This is your response which you can and must change. Otherwise, you will end up as a nervous wreck.' 'What should I do?' Abhijeet asked in tears, 'I hate these anxiety attacks.' 'It is very simple. First of all, understand that your anxiety is under your control. It's your choice. Now, reflect back on all the situations that caused anxiety yesterday and the last week. Did any of your anxiety attacks kill you, hurt you, destroy you?' 'None', Abhijeet replied. 'Then why do you let your anxiety dominate your life?' asked the counsellor.

The counsellor gave Abhijeet the solution. 'The next time you are provoked by your thoughts to react with anxiety, get into the driver's seat. Take charge of the situation. Talk to yourself about how useless your anxiety is. Seek tranquillity instead. Look at yourself in the eye in the mirror and point to your face, and tell yourself - Stupid, don't be anxious. Stop it, stupid! When you take charge of the situation, anxiety will be a stupidity that you will overcome, and you will have peace and tranquillity.'

31
STOP HAVING EXPECTATIONS, STUPID!

EXPECTATIONS LEAD TO DISAPPOINTMENTS.

Lavina didn't understand why her life was so unhappy when she compared it to Champa's. Champa was cheerful. She was all the time smiling and laughing, while Lavina found it to be such a challenge. One day she asked Champa, 'Why are you so glad and why am I so sad?'

Champa knew Lavina for a long time. Being a good friend, she asked, 'Can I be honest? There is a big difference in your perspective of life and how I see life. You always have expectations, expectations from your parents, your friends and everybody who is in your life. What happens when you have an expectation? Either it is fulfilled, or it is not. When it is fulfilled, you become happy. Otherwise, you become unhappy. And most of the time, your expectations are so unrealistic and humongous that you are creating unhappiness for yourself.'

Lavina asked Champa, 'But what makes you happy?' Champa revealed her secret, 'I live a life of acceptance, not expectations. So, whatever happens in life, I accept and be happy, rather than expect and be unhappy. The other side of the coin of acceptance is surrender. Whatever will be, will be. Neither am I disappointed with expectations since I have no expectations, nor do I hope for things to happen. I just surrender.' Lavina had a glow on her face. She was so grateful to Champa for being so honest and candid. She asked, 'How can I change?'

'Expectations may momentarily make us Glad,
But for sure, in the end, we will be Sad.'

Champa advised Lavina to cut her expectations. She gave her a quote, '*Accept, don't wonder. Replace hope with surrender*'. 'Learn to accept life as it unfolds. We do not control how everything in this world will happen. Everything is unfolding as per universal laws. However, when we have expectations, they experience a conflict with the Universal Law and so, we become disappointed. Stop all expectations. Do your best and let the result of that appear as it should. Don't try to control the results of your actions. You can't! But you can definitely put in your best, which you should. But once you do, let go,' said Champa.

Lavina asked Champa how she could give up all expectations. They were always at the tip of her tongue and all over her head. 'You are stupid', Champa told her. 'It seems you want to be sad.' 'No,' retorted Lavina, 'I don't'. 'Then', said Champa, 'the next time an expectation pops up in your head, tell yourself – Stop it, stupid!, and let the expectation be dead. Kill all your expectations. Then you are sure to be happy because when there are no expectations, there can be no disappointments. We get discouraged and feel defeated because of the disappointments.'

Lavina's life was transformed. As she let go of her expectations, she found herself laughing and enjoying life as she lived in acceptance and surrender.

32
STOP BEING HEARTBROKEN, STUPID!

LOVE SHOULD MAKE US GLAD, NOT SAD

Have you ever fallen in love? Whether you have or not, we all love. Right from the time we are born, we love our parents, our family, and our friends. Somehow, love has been misunderstood to be something purely physical. These days, some people acknowledge love is emotional, even intellectual. In reality, love manifests as the seven colours of the rainbow. Love is Divine and is a fountain of joy, of bliss, of ecstasy. Unfortunately, most of us end up with broken hearts, and love becomes the primary cause of our misery.

Melwin was deeply in love. The love gave him joy, but unfortunately, more often, he was in tears. He had a fragile heart, and it was so often shattered. This was because his love was full of expectations. He did not realize that love is not about expecting anything. True love is unconditional. True Love is the ability to express love, not because we need something, but purely because we love.

Melwin had two choices. He was very intelligent and strong in his head. Either he had to give up his love or he had to learn to transform his love into true love that was more about loving than expecting. If he continued to live, expecting his beloved to respond to his love, he would become miserable. And if he gave up his love, then, he would lose the joy of love. Melwin was not stupid. He learned the art of loving, without getting hurt, and without his heart being shattered. How did Melwin discover this secret?

'Love is God. It comes from God and goes to God. Love that creates tears, is not love. It is fraud.'

Melwin's awakening came from a Self-Realization. His love was Divine and pure. It created so much bliss. But the one he loved was not in the same frequency to understand his Divine Love. She would flippantly react to his love and break his heart. Melwin was humble, simple, and honest. In the beginning, he was sad and in tears. But he awakened to realize that his love was not meant to steal his peace and happiness. It was a fountain of bliss and a source of all his happiness.

The Spiritual awakening that Melwin got was that love was actually Divine. It was an emotion of seeking the Lord. This changed his paradigm completely. He did not see the beloved as the beloved anymore. To him, love became prayer, an offering to the Divine. And this transformed his life to a life of ecstasy, of Eternal Bliss, Divine Love, and Everlasting Peace.

Melwin had no expectations out of his love. His love was reverence and devotion. How was he able to change from living with a shattered, broken heart, to one who was so blissful with his sweetheart? Every time he would face a situation of being hurt, he would laugh and tell himself, 'Stop it, stupid!' Let love create bliss not unhappiness! He would remind himself not to be stupid and sad. Love was meant to make him glad. He lived in Consciousness of true love and enjoyed the ecstasy of *Nirvana*.

In the last two years, people all over the world have been running to take the Covid vaccine. We want to protect ourselves from death. We are wearing masks and maintaining social distance because we don't want to die of the virus.

Much more important than taking a Covid vaccine, is to vaccinate ourselves from stupidity. We must analyze what is our 'Stupid Index', where all we are being stupid, and we must stop this stupidity. Only some of the stories in the first part of the book may be relevant to us, many may not. But this stupidity is far more dangerous, far more lethal than something like a virus. While the whole world has got Corona Phobia and has reacted with panic, it's time to shift our focus to our stupidity.

What is causing us to be stupid? What makes us suffer? There is a way to escape from the misery that is caused by this stupid behaviour. Let us discover what it is.

'While it is great to take a vaccination for the virus,
Let us eliminate stupidity that is making our life a mess!'

PART B

Stupid we are, there is no doubt,
But from where does this stupidity come about?
If we go deeper, the truth to find,
We will discover the rascal; it is the mind!

OUR MIND MAKES US STUPID!

Most of us believe that our mind is king, it is everything. It is the one that thinks, that discriminates, that gives ideas. Without the mind, what would we be?

Unfortunately, this is a lie. The mind is our biggest enemy. It produces a new thought every second. This can be 50 thoughts a minute, which cumulates to 50,000 thoughts a day. It is these thoughts that make us stupid.

What creates fear? What makes us paranoid and makes us develop phobia? It is the mind. Then, we become stupid as we let the fears control our life. Then, the mind creates worry. It needlessly makes us stressed and anxious and leads us to a state of depression. It is the mind that is responsible for all this stupidity.

The moment we remove the mind, when there are no thoughts, we reach a state of thoughtlessness, in which our stupidity disappears. This state is referred to as Consciousness. In this state, thoughts do not belong to the mind. Thoughts do appear, one by one as if they are like little fish that swim in the ocean of consciousness. These thoughts do not make us stupid because they are under the control of the intellect, our faculty of discrimination. But for this, we need to first get hold of the mind. Unfortunately, we can't catch the mind because when we try to find the mind, where it is, we cannot find!

01
THE MIND IS A RASCAL

The mind is our biggest enemy. In reality, it does not even exist! It is just a bundle of thoughts. But these bundle of thoughts, get together to become the rascal mind. Then, the mind behaves like a monkey. Just like a monkey jumps from branch to branch, the monkey mind jumps into the past and makes us stupid as we live with regrets, guilt, and shame. Then, the monkey mind jumps into the future, and we stupidly sink into gloom with worry, stress, anxiety and depression. It is the monkey mind that causes us to even contemplate suicide. Therefore, if one wants to stop being stupid, one has to deal with the rascal mind, for it is the mind that is the source of all our stupidity. If only one is able to put the rascal mind behind prison bars and stop it from interfering in our life, there will be no sorrow, misery and strife.

Today, the whole world is disturbed by mental illnesses. Psychiatrists around the world are treating patients with illnesses of the mind. This has become a very large aspect of our health and wellbeing. But in reality, the rascal mind is an illusion. It does not exist. This seems like a paradox. If the mind is an illusion, then, how can the mind make us stupid? To realize this is the most intelligent and critical task of life. To discover the mind and along with it the ego, which together become ME, the Mind and Ego, is the biggest challenge of life. However, the rascal mind does not permit us to realize the truth about the mind, because the moment we discover the truth, the mind will cease to exist. The rascal will be no more.

02
WHAT IS THE MIND?

If the mind is nothing but an illusion, then what is the mind all about? Don't we all know that we have a mind? Don't we say, 'My mind is wandering, my mind is worried, my mind is stressed out'.

Once there was a king who visited a Saint because his mind was full of stress and anxiety. 'Can you help me remove all the worries from my mind?' he begged the Saint. The Saint promised he will do it. 'Come back to me tomorrow morning at 5 am,' he said, 'and don't forget to bring your mind. I will remove all the worries, stress, and anxiety from it.' The next day, the intelligent king was reluctant to go, because he was intrigued by the foolish command, 'Bring your mind'. How could he go without his mind? Still, he visited the Saint at 5 am. The Saint asked him, 'Have you brought your mind?' The king was a bit annoyed and answered, 'How could I come without my mind?' 'Good', said the Saint, 'Please sit in the next room for one hour while I finish my meditation. Then, give me your mind with all your worries, stress, anxiety, and I will solve your problem after the meditation.' The king sat in the room and started thinking, 'How can I give the Saint my mind? Where is my mind?' Where was the mind, he could not find! An hour passed and the Saint entered. 'Let me have your mind,' said the Saint,'I will get rid of all its junk.' The king replied, 'I can't find the mind.' 'If there is no mind,' said the Saint, 'then how can it be full of worries, stress and anxiety?' The king overcame his stupidity.

03
CAN WE STOP THINKING?

Our stupidity is because of the mind. But where is the mind, we cannot find. The mind as such does not exist. It is just a bundle of thoughts. The moment there are no thoughts, there is no mind. If we want to kill the mind, we have to reach that state of thoughtlessness. Is it possible to have life without thoughts? How can we stop thinking?

To a common man, it is impossible to live without the mind and thoughts. The moment we wake up in the morning, there are thoughts. In fact, it is rare to sleep without dreams, which are nothing but thoughts when we are sleeping. When there is dreamless sleep, triggered by thoughtlessness, there is bliss. It is the stupid mind that makes us dream. The moment we wake up, the mind starts thinking. The senses trigger thoughts. We see, hear, smell, taste or touch and our perceptions create so many thoughts. The mind produces thoughts even without the senses. It can produce 50 thoughts a minute. How can we stop thinking?

The mind is like a monkey. When we let our thoughts become the mind, the mind like a monkey, jumps from thought to thought. This is the very cause of our being stupid. If we can stop the monkey mind, if we can tame the monkey by cutting off its tail, the EY, the Ever Yelling and Ever Yearning of the monkey, what will be left is just 'monk'. This is our challenge, if we don't want to be stupid. The moment the monkey becomes a monk, the monkey mind ceases to exist.

04
IMPORTANCE OF SILENCE

People wonder why it is important to be silent. The moment there is noise, we can hear the monkey's voice. It creates conversations in our head. These conversations create thoughts, feelings, actions and the stupid in us, is revealed. Silence is the solution.

Silence is magical. If we silence the monkey mind by also silencing our 5 senses, we tame the monkey into a monk. Otherwise, the monkey mind will produce a new thought every second. Silence reduces the MTR, the Mental Thought Rate. This, in fact, is the true meaning of meditation. To cut the Mental Thought Rate from 50 thoughts a minute to 40, then 30, and ultimately to one thought, then there are no thoughts, just contemplation. This state of thoughtlessness is only possible through the practice of silence.

When we are silent, we are still. We move from the state of thinking to the state of Consciousness. But for this, not only do we have to tame the monkey mind, but we also have to kill it, destroy it, cremate or bury it. Even after doing so, like the mystical Phoenix, the mind will reappear as it flies through our head with thoughts. Silence is the way to get out of this attack from the mind. It is not easy. But it is possible, and it is the way out of stupidity. It is in the stillness of silence that our foolishness is revealed, then, there are realizations and new resolutions that will lead us to living sensibly with peace and bliss. But for this, we need silence.

05
BEING IN CONSCIOUSNESS

Silence comes and goes. So does our stupidity. If we want to overcome being stupid, we have to reach that state of complete stillness, a state of being an observer, the witness of thought, a state known as Consciousness. Consciousness is a state of thoughtlessness. Some people call it mindfulness, a state where the mind is empty, and we are full of awareness. Silence leads us to this state.

While silence creates the stillness to reach the state of Consciousness, where there is practically no thought, the mind will fight very hard to come back with a bundle of thoughts. This constant war between our mind and our Consciousness, will decide whether we will remain stupid or become wise. As long as we are slaves of the mind, of thoughts, we will continue to be a fool. But the moment we are awakened into that state of Consciousness, the monkey mind is tamed. How can we reach this state of Consciousness?

Silence leads us to stillness. In stillness, there are no thoughts. In this thoughtless state of Consciousness, the intellect is activated to contemplate. There is discrimination and Realization. This leads to a transformation. We become the master of our thoughts and our mind. Thoughts will no longer attack us. They will swim one by one like fish in the ocean of Consciousness. Our goal is Consciousness, for in this state we stop being stupid.

06
TAKE CHARGE OF YOUR LIFE

We have realized that somebody takes charge of our life. Either it is the mind or our Consciousness. If our mind takes charge of our life, thoughts will make us stupid. If Consciousness is the master, there will be peace. It is a choice.

There was once a man who was riding a horse. Somebody asked him, 'Where are you going?' He replied, 'I don't know. Ask the horse!' This profound analogy makes us realize that either we can be the man on the horse, or we can be the boss. If we let the monkey mind take charge of our life, then, we will become a donkey, a stupid donkey. But if we remain in Consciousness, then we don't let our mind ride our life-horse, but take charge like the boss. Then, we are not stupid, for we tame the monkey into a monk. How? We watch it, we catch it, and we latch it. We don't let the mind wander. We control it. Thoughts are intercepted by the intellect. Noise is replaced by silence. Thinking exits and Consciousness enters. When this happens, we take charge of our life.

It is most unfortunate that very few people take charge of their life. This is because the mind takes control. The moment the mind takes control, we, the Consciousness, lose control of our life. However, we don't realize this. We live and we die, as slaves of the mind. The story doesn't end. The mind returns in a rebirth and makes us suffer again on earth. Aren't we stupid?

PART C

CREMATE THE MIND, STUPID! DON'T JUST KILL IT!

First, we must make the Monkey Mind a Monk,
We must tame it, take out all thoughts that are junk.
Then we must kill the mind, so it does not return,
Bury the Mind! Cremate it! Let it Burn!

CREMATE THE MIND, YOU WILL STOP BEING STUPID!

Do we want to end our stupidity once and for all? There is only one way. It is to destroy the mind completely. Not only must we tame the Monkey Mind and make it a Monk, not only must we remove negative toxic thoughts that are junk, but we must also destroy the mind so completely, that it does not return to make us stupid! We must cremate it, burn or bury it.

What does this mean? As long as we suppress thoughts, the mind may be in a state of pause, but it will return. It will come back to create fear, worry, and stress. It will make us angry and make our life a mess. The job of the mind is to make us miserable. Unfortunately, we don't realize it. We let the mind remain as our king to be given all respect and believe that it is the driver of our life. It is because of our own ignorance, our stupidity, that we do not recognize our biggest enemy. The mind is such a terrorist that we should not let it exist. Unfortunately, we do.

It's time to stop being stupid. It's time to overcome the triple suffering that we face. It may be pain of the body, misery of the mind, or agony of the ego. The root cause is the mind. If we are able to overcome thought, then, we will be in that state of Consciousness, where there will be no suffering. However, this is possible only if we reach that state of thoughtlessness. We have no option, but to kill the mind, to destroy it completely and to cremate it.

01
CONSCIOUSNESS CAN WIPE OUT STUPIDITY

What is the way to cremate the mind? What is the way to eliminate all thoughts permanently? The answer is Consciousness. The moment we are able to live in Consciousness, we are in that state where there is thoughtlessness. Some people refer to this as mindfulness. What is this state of being? It is a state where we are awakened. We are no more sleeping with the mind taking charge of our life. We become the witness, the observer. We watch every thought. Not only do we watch it, but we also catch it, and we latch it. When thoughts lose their freedom to make us stupid, then thoughts become our slaves. The intellect becomes the master. This is possible only if we live in Consciousness.

The moment we are able to be in Consciousness, to live in this state of being Conscious all the time, we have captured the mind. Otherwise, the mind will have wings and our thoughts will fly all over. But now we have tied its wings with strings. We have pinned down the monkey and cut its tail, the Ever Yelling, Ever Yearning monkey mind. When the mind has become a monk, in this state of Consciousness, all stupidity comes to an end. There are no more stupid thoughts that will make us miserable. There are only thoughts that are filtered by the intellect. Consciousness uses discrimination and permits thoughts to enter the ocean of Consciousness like little fish that are swimming. We must continuously be in Consciousness to end all stupidity!

02
IF THERE ARE NO THOUGHTS, THERE IS NO MIND

Have you ever thought what is the mind? As you are thinking now, if you are bombarded with thoughts that are disturbing your contemplation, then your mind still exists. But if there is no barrage of thoughts, then, there is no mind, and you are in Consciousness. You have one thought, the thought about thought. And then you have another thought, the thought about Consciousness. But there is no bundle of thoughts. Therefore, there is no mind.

Theoretically speaking, it is easy to reach that state of mindlessness. We can talk about Consciousness and thoughtlessness, but the mind is our biggest enemy. The rascal mind is a monkey. Even if we try to cremate it, it does not die. It returns to make us stupid. If we are very committed and disciplined, to be in a state of Consciousness, then there will be no thoughts attacking us. We will stop being stupid.

Therefore, don't just try to tame the monkey mind. Resolve to kill it. Destroy it completely. Then, cremate it, bury it, whatever you wish. Leave no trace of the mind. Activate your intellect that will discriminate each thought as it comes. Be in Consciousness as the witness, the observer. This is the way to eternal peace and everlasting happiness. Is this even possible? Yes, there are people who have cremated their minds. They are the wise ones who live in Consciousness with the intellect.

03
COME BACK TO CONSCIOUSNESS

As a seeker who wants to overcome all stupidity, all misery and sorrow, there is a way to move forward. The mind is not like the body. You can't catch it easily. You may watch it, and then try to latch it, but it is like a slippery fish that will slip away. It has an objective to make us stupid, to create fear, worry, stress and anxiety. It will pop thoughts of anger, hate, revenge and jealousy. It will return to make us stupid. What should we do?

The mind is subtle in nature. Therefore, if you try to find it, where is the mind you cannot find. To bury it, or cremate it is no easy task. It needs a very strong resolve to be able to get hold of the invisible mind and destroy it. Even after we do it, it seems like the ghost of the mind is still there. It does not disappear completely. The ghost of the mind will return to haunt us. What should we do?

Come back to Consciousness. When the mind-ghost, which was thought to be dead and cremated, slips in thoughts that steal our Consciousness, we must not drift away in those thoughts. We must be Conscious of the mind-ghost and we must come back to Consciousness. What does this mean? When we are in that state of contemplation, and thoughts distract us, we should consciously return to that contemplation and come back to that state of Consciousness. This is the way to cremate the mind after we kill it, we destroy it completely.

04
THE MIND IS LIKE A PHOENIX

Have you heard of the Phoenix? As per Greek folklore, it is a giant bird. It is said to have a lifespan of 500 years. There are many fairy tales about the Phoenix in Greek mythology. But we are not here to understand the Phoenix. We are only drawing a line that compares the mind to the Phoenix. The Phoenix is not mortal, even if we kill it, it returns! Both the Egyptians and the Greeks, pray to the Sun God and accept the Phoenix as it rises from the ashes of death.

Whether the Phoenix ever existed or not, this thought should not resurrect the mind that we have cremated. We are contemplating in Consciousness on the one thought of how the mind is like a Phoenix. Even if we watch it, catch it, latch it, cremate it, it doesn't cease to exist. Is there hope to destroy the mind completely?

The only ray of hope to destroy the mind completely, is being in Consciousness. Then, even if it appears like a Phoenix, we can easily shoot it down. In fact, when we are in Consciousness, the mind will not reappear. Stray thoughts will appear and if we are in command with our intellect, these thoughts will be discriminated one by one, without becoming a Phoenix. The mind is then destroyed completely. Even the ghost mind ceases to appear. What appears is a thought, not a barrage of thoughts, but intelligent thoughts controlled by our Consciousness. If we want to cremate the mind and wipe out all stupidity, live in Consciousness.

05
PUT YOUR INTELLECT IN CHARGE

If you want to cremate the mind, after you kill it, and you don't want it to return as a phoenix, then put the intellect right in front of your life. The intellect must be like a sword that is ready to chop off any thought of the mind that tries to enter and tries to make us stupid again. We know that however much we destroy the mind, it will still reappear. As long as we have breath, there can actually never be the death of the mind. No doubt, when we are in Consciousness, the mind is weakened like an erstwhile active, agile, slippery fish, which is now struggling because of the lack of oxygen.

Though the mind may be weak, it will not stop its efforts to keep us in ignorance. If we want to stop being stupid, there is no other option but to put the intellect in charge. When the intellect is in charge, we are no more controlled by our thoughts. We live as intelligent human beings, discriminating every thought, before it becomes a feeling and an action.

What if we don't put the intellect in charge? Then, the mind that emerges will continue to push us into our stupidity and stop us from using our unique gift of discrimination. Unfortunately, while we all have an intellect, we do not put our intellect in charge, and we suffer.

06
WINNING THE ULTIMATE WAR

The biggest battle of our life is the war with the mind. In fact, it is war with ME, the Mind and Ego. Together, the ME ensures our stupidity and makes us miserable. It is because of ME that we chase success and happiness. We become attached. We follow the herd believing in fairy tales and performing rituals and superstitions. It is the ME that becomes a slave and lives with guilt and shame, impatient and anxious and even heartbroken. The moment we win the battle against ME, we have won the ultimate war.

How can we win this war? It is through Enlightenment. It is through the Realization of the truth. In the next section, we will discuss this in detail, but before we get there, let us acknowledge that till our death, till our last breath, the war within will continue. Being liberated from all stupidity is not an easy task. Therefore, the necessity of the *Mantra*, 'Stop it, stupid!' This constant reminder for us not to be stupid is like shooting arrows at ME, till it is completely destroyed. Then, what next to win the ultimate war? It may seem too easy to be true, but those who try to practice it, realize how difficult it is. To win the war means to be ever in Consciousness. On the one hand, it is destroying the mind and letting go of the ego, and on the other, becoming a witness and observer, awakened in Consciousness. Then we have defeated ME. If there is no ME, we will no more be stupid. Are we prepared to go to war with ME, and destroy it completely? Can we be in Consciousness?

PART D

We can be stupid and live with misery and pain,
Being a slave of the mind, suffering again and again.
Or we can choose to kill the Mind and Ego, ME,
Realize the Truth, and forever be Free.

What makes us stupid? It is our own ignorance. Because we believe in the fairy tales, the myth we grow up with, we are prisoners of our own thoughts, slaves of our own mind and we remain stupid from birth to death. As long as we are ignorant and remain ignorant of our ignorance, we will be stupid and suffer. All our stupidity, be it fear or worry, anxiety or depression, greed or shame, is rooted in ignorance. The moment we uproot our ignorance, we will be stupid no more!

What is the way to overcome ignorance? Ignorance is darkness. Imagine you can enter a room and you see nothing because there is no light. You may remain ignorant as to what is there in the room. The moment you switch on the light, you can see everything. We human beings remain stupid because we live in the darkness of ignorance. We don't realize the truth. To realize the truth, we have to overcome ignorance, and this means we have to switch on the light within. This is called Enlightenment.

If we remain stupid, we will not be enlightened and will sink in ignorance and suffer. But every Realization will overcome some of our stupidity, till ultimately, when we realize the truth, when we are enlightened, all stupidity will come to an end. This is because we will no more live as the body, mind, ego. We will realize we are the Divine Soul. When we realize this, we are stupid no more!

01
WHAT CAUSES THE TRIPLE SUFFERING?

Every human being suffers. We suffer the pain of the body. Then we suffer the misery of the mind, and we are agonized by the ego. What causes this triple suffering? It is the Mind and Ego, ME. Because of the mind, our biggest enemy, we are prisoners of thoughts that become feelings and actions. We are unable to be free from the body which we are not. Of course, the body will suffer physical pain. Every 'body' does. But we are not the body! It is the ME that makes us suffer physical pain of the body, by making us believe we are the body. Then the mind with its toxic thoughts creates fear, worry, stress and anxiety and makes us miserable. Finally, the mind becomes ME along with the ego and creates the anguish of anger, hate, revenge, and jealousy. Can we escape from this triple suffering? Yes, we can.

When we stop being stupid, by transcending the mind and living in Consciousness, we are then enlightened with the truth. Enlightenment is a series of Realizations that help us overcome our ignorance and our stupidity. It will make us the master of our thoughts. But for this, we must be sincere in seeking a solution to our stupidity. Most of us are stupid and we remain stupid. We do not realize the truth. We live as slaves of the mind and experience the triple suffering. What is the way to stop being stupid? It starts with realizing our stupidity and then, going on a quest to overcome our ignorance and realizing the truth. If we don't, we will take our stupidity to our grave.

02
CHOOSE CONSCIOUSNESS, NOT THOUGHTS

As we live life, we have two options – to be emotional or intellectual. We can live by the head or the heart. If we are slaves of the mind and we permit thoughts to control our life, then we will not be able to use our intellect to discriminate and choose the right path. In the path of the mind, there are thoughts, feelings, actions that are said to be inspired by the heart. In reality, it is not the heart. It is the mind. It is in Consciousness that we realize our ignorance. We activate our intellect and question every thought. We do not let a thought become a feeling or an action because we use our head, our intellect to discriminate. Therefore, every action of ours is from the head, not from the heart.

Therefore, we must choose Consciousness to live life. If we let thoughts control our life, we will be a slave of the mind. We will never realize the truth and continue to be stupid. However, if we live in Consciousness, and activate our intellect, every time we behave stupid, the intellect will command- 'Stop it, stupid!' If we are in Consciousness, then we will stop our stupidity. But if thoughts are in control of our life, then, although the intellect gave the direction to stop being stupid, we are unable to control ourselves and continue our foolishness as we continue to suffer. In principle, man wants to be happy and therefore, there is hope that we will choose Consciousness over thoughts, joy over sorrow, the truth over myth. He will stop being stupid and make an effort to realize the truth.

03
STOP BEING STUPID ONCE AND FOR ALL

Do you want to be stupid? Good luck to you! You can give in to the mind and be stupid. But if you want to be free from all misery, this is the way. Overcome ignorance and realize the truth. Realize that our mind is our biggest enemy. Understand that it is thoughts that are causing all the pain. Be enlightened that we are not the body, mind and ego that suffers. When we realize we are the Divine Soul, we stop being stupid because we stop living with thoughts. We live by the head, not the heart. We are not driven by emotions, but rather by our intellect. We live in that state of Consciousness, where stupidity does not exist. Stupidity is a product of our thought and mind. But as long as we believe the mind, we will remain stupid. If we tame the monkey mind and make it a monk, if we kill the mind, destroy it completely, cremate it or bury it, then we will remain in that state of Consciousness. Then, we would have uprooted the root of all stupidity. There will no more be shoots of ignorance and fruits of misery and sorrow. We would have put all stupidity to an end.

It's our choice. Do we want to choose wisdom or ignorance? Do we want to live in Consciousness or in thoughts? Do we want the truth to drive us forward or do we want to sink in the myth that we have grown up with? The moment is now. Make a choice! Continue being stupid or stop being stupid once and for all. You can live by the mind and be stupid forever or eliminate stupidity completely living with your intellect.

04
OUR BIGGEST GIFT, THE INTELLECT

Why is man stupid? Although he is the wisest of all creatures, why does man suffer from his stupidity? Not only does he behave stupid, but he continues to repeat his stupid behaviour again and again, why?

Man suffers from being stupid because he does not realize a simple truth. He does not realize that if he follows his mind, his thoughts, he will end up being stupid and he is sure to suffer. However, if he lives by his intellect, that faculty of discrimination, then man will not be foolish. The moment we activate our intellect, we will discriminate every thought and control our feelings and actions. But for this, man must live by his intellect, not by his mind. The mind confuses us to believe that the intellect is the same as the mind, which is not true.

The human being is the only creature who has been blessed with a fully developed intellect. Other living creatures do not have an intellect though they may have an instinct. It is only man who has the intellectual power to discriminate and the willpower to choose. If man does not use his biggest gift, the intellect, he will continue to be a fool, to be stupid and to suffer. But if he lives by his intellect, he will realize the truth, and live a life of eternal happiness. Sadly, our mind continues to make us stupid and stops us from discovering our biggest gift, the intellect.

05
BE IN YOGA

What is the way to be free from the mind? Is there a way where we can be in Consciousness, in that state of thoughtlessness? This rare state, unknown to most is called Yoga. The world doesn't understand the true meaning of Yoga. We think that Yoga is just some physical exercises and breathing techniques. This is not Yoga. Yoga comes from the word *Yuj*, which actually means union. It is the union of our inner being, the Power that is within us, our real identity, with the Supreme Power. This *Yoga* or union disconnects us from thoughts of the material world and connects us with the Divine and we remain in the state of Consciousness, where the mind ceases to exist.

We have two options. To live a life of Yoga or *Bhoga*. As long as we live in *Bhoga*, we live in this material world and think that it is real, it is true. The ego thinks everything is mine, when in reality, we come with nothing and go with nothing. The mind fools us into believing that our relationships will last forever, when the truth is we come alone and go alone. We are unable to realize this truth because we have submitted to the mind and its thoughts. However, the one who moves from *Bhoga*, the material world to *Yoga*, united with the Divine, is able to realize the truth about life. The Yogi, the one who lives in Yoga realizes that death is certain, the body will die, so he has no fear of death. It is the *Bhogi* who suffers in the material world, as he remains a stupid slave of the mind. He does not realize the truth.

06
LIVE AS THE DIVINE SOUL

When will man be free from all misery? When will we stop being stupid? This state of being is called Realization. It is not knowledge. We may have all the knowledge, but we will continue to be stupid. Only when knowledge crystalizes into Realization, that we will be free from stupidity.

Man may know that he is not the body, mind and ego. Man may read and listen hundred times that he is the Divine Soul, and he need not fear and worry, but he continues to do so. It is because he is not enlightened with the truth. He has not opened his real eyes, to realize that he is the Divine Soul. So he remains stupid, lives as the body, mind and ego, and lets his foolishness make him suffer.

A rare minority of people, who are inspired to go on a quest, or who are guided by a Guru, a Spiritual Master, are fortunate to overcome ignorance and realize the truth. They transcend the mind and ego, ME, and are enlightened. These are the few who are liberated from all suffering on earth and from rebirth. They are no more slaves of the mind. They are no more prisoners of thoughts. They are Divine Souls that live in Consciousness. Either we can use our intellect that shines in the light of Consciousness, or we can sink in thoughts of the mind. It is a choice, and the choice is all about going on a quest, overcoming ignorance and realizing the truth. This will enlighten us, that we are the Divine Soul, not the stupid body, mind and ego that suffers.

07
OUR ULTIMATE GOAL

What is man's ultimate goal? Man thinks it is to be happy. He seeks pleasure and gets momentary joy. But soon he sinks into gloom. Man does not realize that everlasting happiness and eternal peace are a gift to those who achieve the ultimate goal of realizing they are the Divine Soul. When we achieve this goal, we no more need to seek happiness because we are transported to a state of heavenly bliss, a state of everlasting peace and happiness, that comes from Enlightenment.

As long as man is stupid, and thinks his goal is success and achievement, he will continue to live like a mad man, trying to be an ace, in the life race, and the happiness chase, but he will live and die with misery. When man stops being stupid, when he is enlightened to realize the truth, he will take an exit from the highway of achievement, transit the peak of fulfilment, and climb the ultimate peak of Enlightenment. As long as man is stupid, he will try to climb from peak to peak, thinking that achievement is the goal. One day, he will fall off the cliff of success and die. Then, he will be reborn and go through another journey of life on earth in a rebirth, because he was stupid not to evolve from achievement to Enlightenment. Our ultimate goal is to realize that we are the Divine Soul, to live in Consciousness with the intellect, overcome the mind and its thoughts, and be free from all misery on earth and from rebirth. This is our ultimate goal of life.

AFTERWORD
I TOO WAS STUPID, BUT I STOPPED!

'Stop It, stupid!', I told myself,
In stupidity when I was caught.
Repeating this Mantra, I realized,
Now a stupid fool, I am not!

I have not written this book out of my imagination. It comes from my own practical experience of being stupid. We all are. The difference is that I was stupid, and I continued to be stupid, till I realized that I did not want to be a fool. I learned a lesson in my life school. It was this – every time I was in a situation of stupidity, I became conscious of it. I realized my foolishness, my ignorance. Then I looked at myself in the mirror, eye to eye, and told myself, 'Stop it, stupid!' It was not easy because the stupid fellow in the mirror was not willing to admit that I was stupid. I had to work hard till my stupidity came to an end. But it eventually did.

We are all stupid, till we overcome our ignorance and realize the truth. We often oversleep, miss our favourite sunrise or sunset, eat tempting food, gain weight and then, regret it. We cry in regret and shame. Very few amongst us are bold and courageous enough to confront the body, mind and ego. It happens when our intellect shines in our Consciousness and puts an end to our stupidity.

What about you? How often do you find yourself, in hindsight, a stupid fool? Do you ever look back to regret your foolishness, in getting angry, in getting hurt or even being heartbroken? Do

you not feel the pain again and again? Did you not observe that you were so stupid to suffer the same misery repeatedly? And the most important question – Are you still suffering from that stupidity? If you are, it is time to tell yourself, 'Stop it, stupid!' Not once, but many times. Not lightly, but aggressively, very aggressively if you are not able to make your stupid self, stop being stupid. The wise intellect in you will ultimately win if you realize your stupidity. It has to and it must. Otherwise, you haven't learned the *Mantra*, 'Stop it, stupid!'

I was stupid many a time and I was foolish for many reasons. Now I laugh at myself for being such an idiot. But I am stupid no more. The Happiness *Mantra* - 'Stop it, stupid!', is such a powerful self-suggestion that it can wipe out our idiocies. It did for me, and it has done for many whom I shared this *Mantra* with. Today, I share this *Mantra* with you. Tell yourself, 'Stop it, stupid!' Get into the stupidity and make yourself realize how stupid you are being for being stupid and stop being stupid. The way is, 'Stop it, stupid!'.

Remember, this *Mantra* is for self-use. Don't blame me if you tell somebody else, 'Stop it, stupid!' and you are rewarded with a slap. This *Mantra* is for you to tell yourself. I must warn you before I end. But for sure, if you, the Consciousness that you are, tells your body, mind and ego, who you are not – 'Stop it, stupid!', you will end all stupidity. You will live a life of Eternal Happiness, Divine Love, and Everlasting Peace.

POEM 'STOP IT, STUPID!'

I was so stupid, I was a fool
But they didn't teach me this in school
'Stop it, stupid!' had I told myself
My stupidity would have ended with this tool

We all get angry, we all do fear
We are idiots, year after year
How can we stop this misery and pain
How to stop being foolish, again and again

The first step is to realize our ignorance
The second is to put a stop to it
We must tell our mind to stop
We must make this a habit

The mind is a monkey, a rascal our mind
It wants to make us suffer, we find
But we are not fools, we know, don't we?
How from this rascal, can we be free?

'Stop it, stupid!', 'Stop it, stupid!', 'Stop it, stupid!' repeat
Till the monkey mind can feel the heat
Then, watch it, catch it, latch it, secure
So that it does not repeat the thing anymore

We all are stupid, we all are fools
And to overcome stupidity, there are simple tools
The most important is to realize the truth
Who are we, get to the bottom of the root

We are not the stupid Body, Ego and Mind
We are intelligent, this truth we must find
This realization will stop us from being a slave
Will liberate us from misery, before we reach our grave

For pain and suffering is only for those
To go on a quest, who did not choose
They live with misery, they believe in the myth
They continue with ignorance, till they die with it

So, we must Ask, Investigate, Realize the Truth
Kill the rascal mind, the monkey, the brute
Transcend the Mind and Ego that says, 'ME'
Till from all stupidity we are free

POEM

We must be still and live in Consciousness
If we want to put an end to all the mess
When we are fools, we must stop and know
And overcome the stupidity before the end of the show

But many of us are stupid till we die
We look up at the sky, cry and ask ,'Why?'
We don't use our intellect to stop our stupidity
We just live with stress, worry and anxiety

Some of us want to end this mess
We don't want misery, we don't want stress
The Mantra 'Stop it, stupid!' we put to use
And with it, an end to all abuse

So what must we do, what is the trick?
What will end our misery with just one click?
We must be stern and tell ourselves looking in the eye
Till to that repeated stupidity, we bid goodbye

I did it myself, I share with you
I stopped my stupidity, this is true
To end my foolishness, I found a way
'Stop it, stupid!' to yourself, please say

And till you stop being stupid, repeat it
Don't feel bad, it's better to erase it
We have a choice, acknowledge stupidity and then rise
'Stop it, stupid!' is the way of the wise

Some people are heartbroken, they cry in love
They break their hearts, and then look above
They cry in love, they suffer in pain
They are stupid, again and again

Some people are attached, this brings them tears
The misery is not short, it lasts for years
If only they use this Mantra of happiness
'Stop it, stupid!' it can give peace and bliss

'Stop it, stupid!' a Mantra I share with you
Use it and you will stop feeling blue
Realize your ignorance and to make amend
Say, 'Stop it, stupid!' and put your misery to an end

By
AiR
Atman in Ravi

ABOUT THE AUTHOR

AiR- *Atman* in Ravi

Started with nothing
Became something...
Achieved everything
Only to realize we are nothing!

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth about Life and be Enlightened.' He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now

known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to 'Help People Realize the Truth about Life and be Enlightened.'

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 48 books, composed and sung about 1250 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO

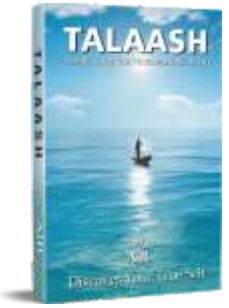
(Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom, Ask AiR sessions every day and Facebook Live to help people realize the ultimate purpose of their life.

If you have any questions on happiness, suffering, life, death, rebirth, karma, liberation, enlightenment or anything related to spirituality,
you can ask your questions directly every day on Zoom at 8 p.m.

Zoom Meeting ID: 85021104431

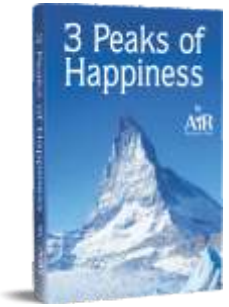
BOOKS BY THE AUTHOR

1. Talaash



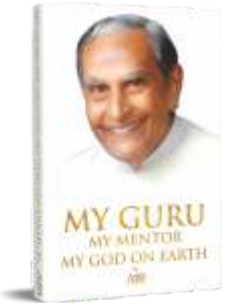
Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.

2. 3 Peaks of Happiness



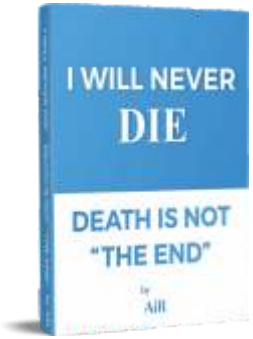
This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal joy and bliss.

3. My Guru, My Mentor, My God on Earth



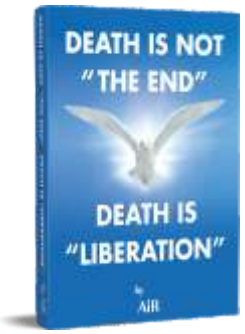
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

4. I will Never Die, Death is Not "The End"



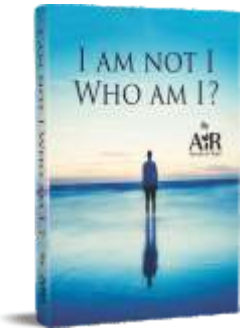
In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.

5. Death is Not "The End." Death is "Liberation"



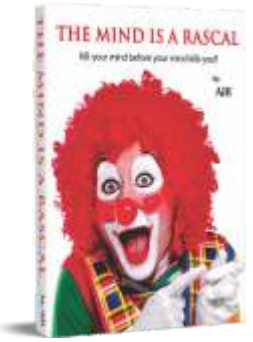
The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.

6. I Am Not I. Who Am I?



This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?

7. The Mind is a Rascal

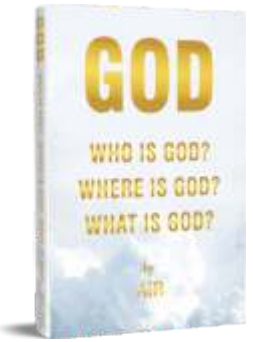


You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.

8. A Cosmic Drama

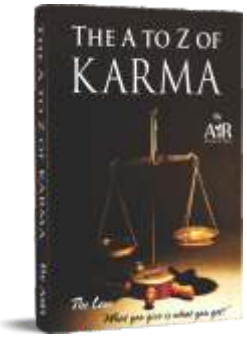
This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

9. Who is God? Where is God? What is God?



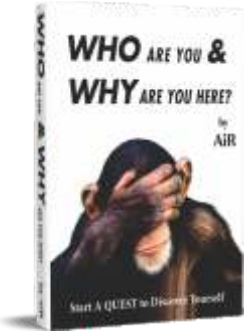
These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.

10. The A to Z Karma



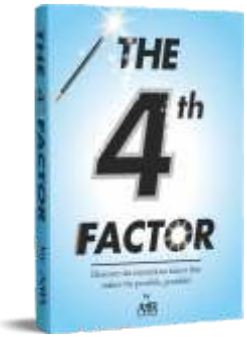
Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of eternal joy and peace—a life without any misery or suffering.

11. Who Are You and Why Are You Here?



This is a simple book that prompts us to ask the right questions to discover the secret of our life—who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.

12. The 4th Factor



Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!

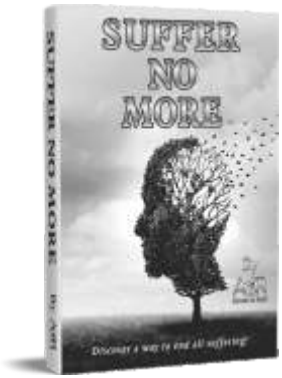
13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.

14. Questions You Must Answer before you Die!

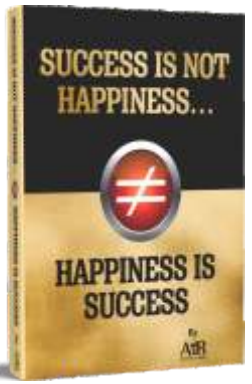
Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.

15. Suffer No More



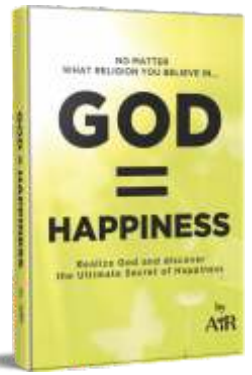
'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.

16. Success is not Happiness, Happiness is Success



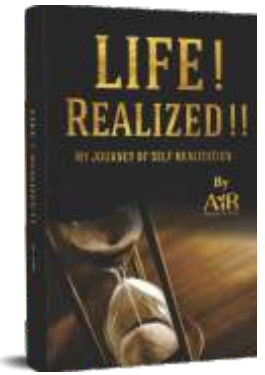
People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.

17. God = Happiness



In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!

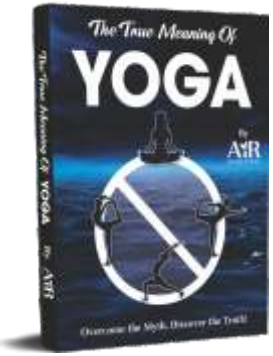


This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.

19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.

20. True Meaning of Yoga

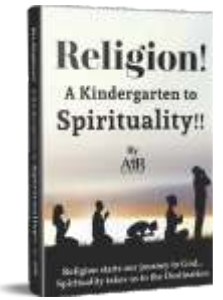


Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.

21. The Ultimate Goal of Life, MEN — Moksha, Enlightenment, Nirvana

The three most tenable concepts — Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.

22. Religion! A Kindergarten to Spirituality!!

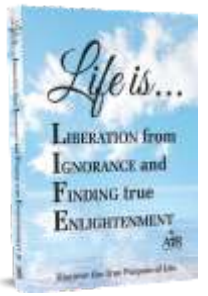


This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.

23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!

24. LIFE is...Liberation from Ignorance and Finding true Enlightenment



Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that they lose their most precious gift—life itself. This book reveals what life is all about.

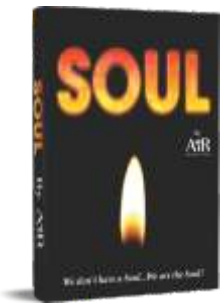
25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-realization.

26. FEAR- False Expectations Appearing Real

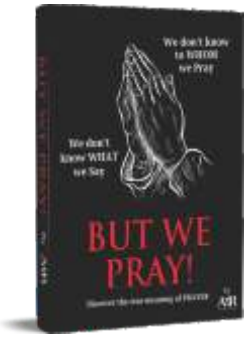
The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.

27. Soul – We don't have a Soul... we are the Soul!



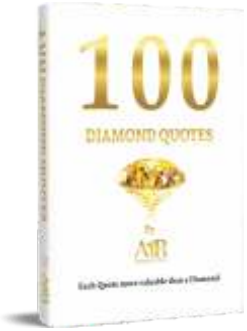
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!

28. But We Pray!



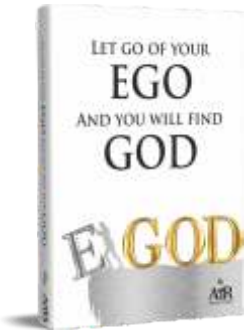
The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.

29. 100 Diamond Quotes



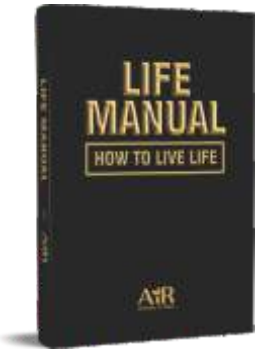
Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.

30. Let go of your Ego and you will find God



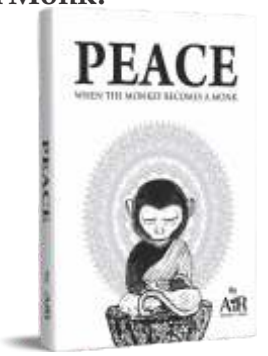
Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.

31. Life Manual - How to live life?



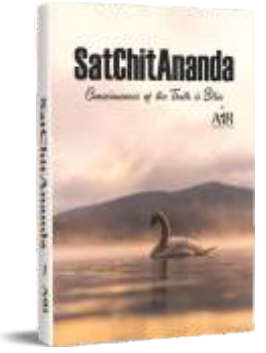
Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.

32. PEACE... When the Monkey becomes a Monk!



We all seek peace of mind but we don't realize that it is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it a monk, we will never be able to experience true bliss. This book will show us the way.

33. SatChitAnanda - Consciousness of the Truth is Bliss

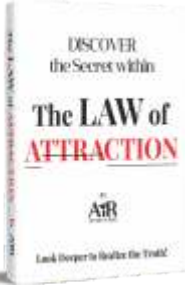


Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.

34. Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That

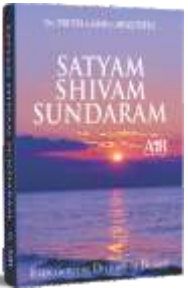
What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.

35. Discover the SECRET within The LAW of AttraCTION



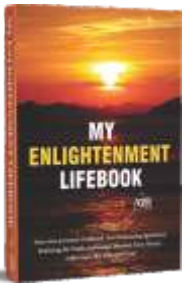
Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.

36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty



This book, based on the ancient chant Satyam Shivam Sundaram - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.

37. My Enlightenment Lifebook

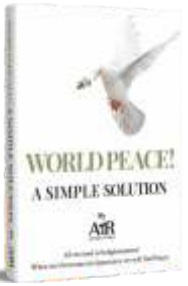


This book is a treasure of crystalized wisdom that is put together in a simple manner to help one Realize the Truth. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment.

38. When you overcome the FEAR of DEATH, You start to LIVE

The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is only a False Expectation Appearing Real, but when we fear death, we are unable to do many things. We become paranoid and phobic. Unless we overcome the fear of death, how can we truly live?

39. World Peace! A Simple Solution

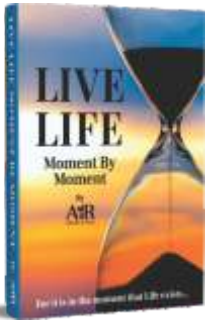


The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth.

40. Many Problems, One Solution

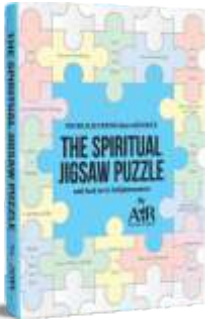
Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!

41. LIVE LIFE... Moment by Moment



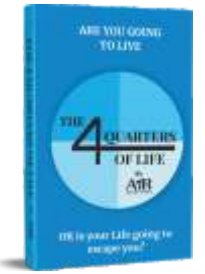
Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!

42. The Spiritual Jigsaw Puzzle



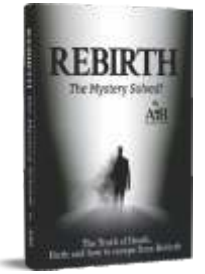
Are you seeking eternal happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, and liberate you from all suffering to experience a spiritual ecstasy unknown to common man.

43. The 4 Quarters of Life



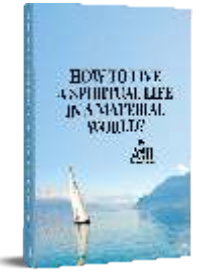
Read this book to discover the purpose of life. We must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do.

44. REBIRTH ... The Mystery Solved!



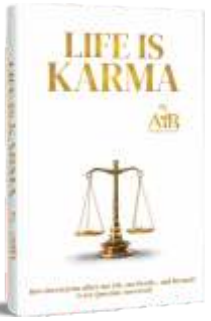
Do you believe in rebirth or does the mystery of rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether rebirth is a reality or not. This book will help you decode the mystery of rebirth, just as it will reveal the secret of escaping from the cycle of Death and Rebirth.

45. How to Live a Spiritual Life in a Material World?



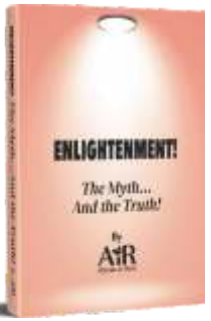
Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed in this book.

46. Life is Karma



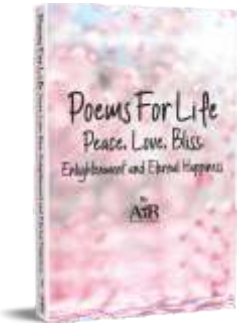
Every time something happens in life, we say, 'Karma!' Yet, we still don't understand how Karma really works. This book has all the questions along with the answers and how you can transcend Karma and be free from the Karmic cycle of death and rebirth.

47. Enlightenment - The Myth and The Truth



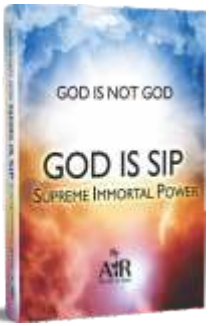
We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have gown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness



Never have you read a book of Poems like this,
Poems that will give you Peace, Love and Happiness.
Poems that will tell you the Truth about Life,
How to Overcome Misery and how to Overcome Strife!
So, if you ever want to read a book, choose this,
These Poems have Meaning, and they are full of Bliss.

49. God is not God. God is SIP – Supreme Immortal Power

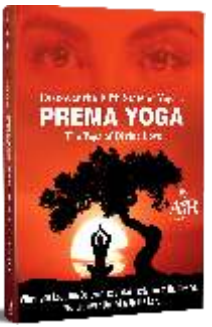


God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power.

50. The 10 Commandments of Detached Attachment

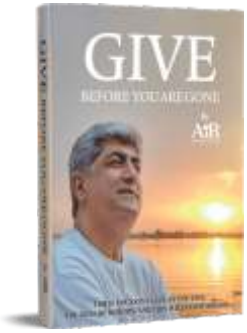
What are the 10 Commandments which can liberate us from all attachments? It is common for us human beings to get attached to our possessions, to relationships, to the people we love and we become miserable. This is because of ignorance. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.

51. The Yoga of Divine Love - Prema Yoga



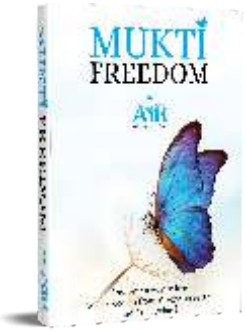
The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.

52. Give before you are Gone!



Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.

53. Mukti - Freedom



What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from fear, worry, stress and anxiety, or Freedom from all joy stealers, but also Freedom from the continuous cycle of death and Rebirth. Discover *Mukti* and be free from all misery.

AND NOW

54. Stop it, Stupid

COMING SOON…

55. Happiness is Success

STOP IT STUPID

How often have you felt that you have been stupid, but you were powerless? You could not stop the stupidity! Not only that but you found yourself being stupid again and again! Do you want to put an end to the misery caused by your stupidity? Here it is!

'Stop it, Stupid!' is the way... to yourself these words you must say. It starts by realizing that we are not the Mind, we are the Intellect, this Truth we must find. We human beings are the only ones blessed with the power of the Intellect. We can discriminate, and we can choose. We have been gifted with the willpower to change. However, as long as we are slaves to the mind and ego, ME, free from pain, we will never be.

So, in this book, I share a simple tool, that will help you stop being a fool; a Mantra, none of us learned in school. Just say, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic! No longer will your life be so tragic. Tell yourself — 'Stop it, Stupid!' and see your life transform!

By

AiR
Atman in Ravi

A.i.R.
AiR Institute of Realization
Ask Investigate Realize

Kemp Fort Mall, #97, Old Airport Road, Bangalore - 560017
+91 9845155555 | www.air.ind.in | air@air.ind.in

ISBN 978-93-5636-668-8
9 789356 366688